



Quincy Sweeps NQ In Soccer Doubleheader - Page 21

Vaping: A Public Health Crisis - Page 4

Hazardous Waste Drop-Off Day Oct. 12 - Page 15



2

*****CARR LOT C-004
THOMAS CRANE LIBRARY
40 WASHINGTON ST
QUINCY, MA 02169-5304

The Quincy Sun



Historic Quincy's Hometown Weekly Newspaper Since 1968

VOL. 52 No. 3

Thursday, October 3, 2019

\$1.00



DANIEL SHED Memorial in Germantown, a century-old lighthouse made of Quincy granite, was rededicated Sept. 20. The ceremony marked the completion of a \$100,000 project to restore the monument and the Palmer Street Rotary, the park on which the memorial is located. Speaking at the ceremony was Leo Kelly, the former Ward 1 councillor, and his wife, Margaret Milne, a maintenance secretary for the Quincy Housing Authority. "Welcome to my very special place," Kelly said. "Over the years, I've had a long, ongoing love affair with Germantown."

Quincy Sun Photo/Robert Bosworth

Shed Memorial - Symbol Of Hope, Pride – Rededicated

20-Foot-Tall Lighthouse At Center Of Palmer Street Rotary

By SCOTT JACKSON

The 20-foot-tall lighthouse at the center of the Palmer Street Rotary was

called a symbol of hope and pride for the community during a recent ceremony to rededicate the monument

that has been in place for more than a century.

City officials and residents gathered at the rotary

the morning of Sept. 20 to rededicate the Daniel Shed Memorial. The memorial

Cont'd On Page 18



JAMES MARATHAS (left), executive director of the Quincy Housing Authority, presented a plaque to Margaret Milne, a QHA maintenance secretary, and her husband, Leo Kelly, a former Ward 1 councillor, in recognition of their efforts to spruce up the Daniel Shed Memorial.

Quincy Sun Photo/Robert Bosworth

Koch Proposes Special Ed Learning Center

City Would Buy, Transform Wollaston Office Building

By SCOTT JACKSON

Mayor Thomas Koch on Tuesday announced plans to purchase a Wollaston office building and transform it into a new special education center that could open as early as next fall, a move the mayor said could save the city upwards of \$500,000 annually.

Koch and school officials unveiled the proposal

to purchase the three-story, 52,900-square-foot building at 180 Old Colony Ave. at a press conference Tuesday morning. The city is in negotiations to purchase the building, which is located behind Central Middle School, from Eastern Nazarene College and the deal could be finalized "very, very soon," Koch said.

Cont'd On Page 20

Vaping Risks Included In Middle School Curriculum

By TOM GORMAN

School officials will be targeting middle school students about the health risks of the increasing popularity of vaping.

The school committee on Sept. 25 accepted the district's health services and student support improvement plans following a presentation that included a provision of educating students about vaping – the use of electronic or e-cigarettes that heat liquid filled cartridges that produce an aerosol vapor. In addition to nicotine, the liquid also contains various chemicals that health experts say have led to several deaths and hundreds of lung-related illnesses in the nation over the past several months.

In Massachusetts, there were more than 60 vaping

lung-related illnesses linked to vaping. Citing a health emergency, Gov. Charlie Baker last week ordered a four-month ban on the sale of vaping products in the state until more information about vaping-related illnesses can be had.

"We are very concerned because nearly all e-cigarettes contain nicotine," Point Webster School guidance counselor Colleen Connerty told the committee. "Nicotine is highly addictive and can harm the developing adolescent brain. Because the brain is still developing until about age 26, youth and young adult exposure to nicotine can lead to addiction and disrupt attention and learning."

Connerty said that middle school students are par-

Cont'd On Page 4

More Quincy news:

The Quincy Sun.com



No ZBA Vote On Newcomb Street Plans - Page 3

Health Spotlight: Avascular Necrosis - Page 9

Council On Aging Activities, Events - Page 16

Board Revokes Hong Kong Liquor License

By SCOTT JACKSON

A city board voted to revoke the liquor license previously held by Hong Kong Eatery in Quincy Center, four years after the same board voted to deny a request to transfer the license to a proposed Wollaston restaurant.

The Board of License

Commissioners revoked the license at its meeting on Sept. 24.

The license had been held by Hong Kong Eatery, formerly located at 1515 Hancock St. Judy Chen in October 2015 sought permission to transfer the license to a new restaurant, Shabu J. Japanese Restaurant, which

would have been located at 663 Hancock St. The location, at the corner of Beale and Hancock Streets, had been a bridal shop before.

The license board rejected the transfer in 2015 in part because Chen told the Zoning Board of Appeals the previous year that she would not have a liquor

license at the new location. License board members were concerned patrons would stay longer at a restaurant that served alcohol, worsening the parking situation in the area.

Chen appealed the decision to the Alcoholic Beverage Control Commission, which upheld the license board's decision. That decision was then appealed to Superior Court and then the state Appeals Court. Both courts upheld the ABCC decision.

The Appeals Court handed down its decision Aug. 15. Janet Petkun, an assistant city solicitor, told the board Chen did not file a new notice of appeal within the 21-day window to do so.

City Clerk Nicole Crispo said Chen's attorney, Jack Milgram, had been sent a certified letter notifying him of the Sept. 24 hearing. Milgram was not present at the hearing.

In other business Sept. 24, the license board:

Continued until Oct. 22 its hearing on the status of the retail beer and wine license issued to Richdale Convenience at 1205 Hancock St. Rob Fleming, the attorney for the store's owner, said his client is in the process of negotiating the purchase of a new site

where the license could be transferred.

Approved a special-use permit for the Wollaston Elementary School's annual Harvest Festival. The event will take place on Oct. 12 from 11 a.m. to 3 p.m.

Approved a series of special-use and one-day beer and wine licenses for the Quincy Catholic Collaborative's Bring a Friend to Dinner and a Movie events at St. Ann's Church. They will take place from 5 to 9:30 p.m. on Oct. 5, Nov. 2, Dec. 7, March 7, April 4 and June 6.

Granted a special-use permit to the Houghs Neck Congregational Church for its By the Sea Holiday Fair. It will be held from 6 to 9 p.m. on Oct. 25 and 9 a.m. to 3 p.m. on Oct. 26.

Granted a special-use permit to the Montclair PTO for its annual holiday expo, which will be held at Quincy High School on Nov. 9. The event runs from 10 a.m. to 4 p.m.

Issued a special-use permit and one-day beer and wine license to the Montclair Wollaston Neighborhood Association for an event at Bishop Field on Oct. 19. The event begins at 11 a.m. and ends at 5 p.m.

Approved the Merrymount Association's request

for a special-use permit and one-day beer and wine license for its Oktoberfest celebration on Oct. 5 from 3 to 6 p.m.

Granted a motor II license to Quincy Shore Drive Gulf, located at 665 Quincy Shore Dr., following a change in ownership. The station will be allowed to have 20 vehicles on site.

Approved the request of Nilo's Market, 342 Washington St., for a common victualler license. Danilo Lopes said he wanted to begin selling coffee and locally made baked goods at the store.

Granted a common victualler license to Yunnan Vegetarian Cuisine, which will be located inside Kam Man at 219 Quincy Ave. The eatery's hours are 9 a.m. to 8 p.m. The restaurant will offer vegetarian food, including noodle dishes.

Granted a common victualler license to Saap Thai Kitchen, 3 Brook St. The restaurant will open from 9 a.m. to 11 p.m. The restaurant will specialize in Thai food.

Granted a common victualler license to Jinye Café, 694A Hancock St. The restaurant's hours are 10 a.m. to midnight. The restaurant will offer Cantonese cuisine.

Houghs Neck ChowdaFest



PEGGY O'CONNOR (center) - winner of the ceremonial title of "Mayor of Houghs Neck", is joined by her daughters, Lisa Sullivan, left, and Terry Coleman at the recent Houghs Neck Chowdafest. More coverage of the festival begins on Page 6. Quincy Sun photo/Tom Gorman



THE SHORTEST WAIT TIME OF ANY E.R. IN THE AREA

CONVENIENT, QUALITY EMERGENCY CARE IS HERE IN QUINCY.

- Open 24 hours, everyday
- Free parking
- Onsite x-ray, lab, CT, ultrasound, pharmacy and laboratory services
- Interpreter services available

Steward
Satellite Emergency Facility-Quincy

Steward

THE STEWARD QUINCY SATELLITE EMERGENCY FACILITY
114 WHITWELL STREET, QUINCY MA 617-376-5500

Firefighters To Honor Three At Retirement Banquet Oct. 21

The 62nd annual Quincy Firefighters IAFF Local 792 Retirement Banquet will be held Monday, Oct. 21 at Florian Hall, 55 Hallet St., Dorchester.

Dinner will be served at 7:30 p.m.

The honorees this year are:

Firefighter Daniel Sullivan, Firefighter John Banuk

and Firefighter Robert Johnson.

All past and present members of the Quincy Fire Department are invited and encouraged to attend.

IMMEDIATE OPENINGS IN NORTH QUINCY

No experience needed.

\$15/hour. Annual increases. Afternoons only.

After School Staff Group Leaders & Assistants

We don't require teaching experience but if you think you might have a flair for kid wrangling, we want to talk with you.

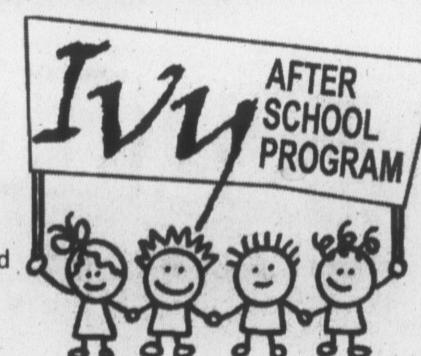
Help school-age children in a classroom setting with homework, math and reading in our afternoon classes.

- Work 3-5 days per week, 2:30-5:30. Tuesdays 12-5:30.
- Experience with school age children helpful but not required.
- Pay from \$14 to \$16 per hour depending on experience.
- Applicants must undergo background check and other requirements.

Typical applicants might be college students, teacher's aides, etc. but we are open to any responsible, caring people who love children.

Email now with specifics about your background, or send your resume to:

ivyschoolquincy@gmail.com



OCT 3
2019

No ZBA Vote On Newcomb St. Plans

By SCOTT JACKSON

The Zoning Board of Appeals heard from the applicant behind a 39-unit apartment building proposed for Newcomb Street in Quincy, plus neighbors opposed to the plan, but did not vote on the matter.

The board will take up the plan again next week.

Developer Stephen Niosi has proposed constructing the new building at 29-31 and 35-39 Newcomb St. The site contains 26,135 square feet of land in a Business C zoning district, with a single-family home and a two-family home currently on site.

The proposed building would stand five stories tall. The bottom two levels would include 64 parking spaces, while the 39 residential units would be divided between the three upper floors.

The applicant went before the Zoning Board of Appeals for permission to construct the new building Sept. 24. After hearing from the developer and eight residents who oppose the proposal, board members continued the matter until Oct. 8.

The project is also set to go before the Planning Board Oct. 9. The Planning Department recommended the board approve the plan during its Aug. 7 meeting, but board members did not vote on the proposal that night and were unable to

vote on it Sept. 11 because of a lack of a quorum.

Rob Fleming, Niosi's attorney, told the ZBA on Sept. 24 the project would complement the redevelopment efforts being made in Quincy Center.

"We really see this as the right residential use for this location with its proximity to the downtown area. It's a component that will really complement the amazing growth that our downtown area has seen over the last number of years," Fleming said.

"We look at West of Chestnut being one of those residential developments and how much the retail component of downtown is really thriving from that – the restaurants and other retail users."

Fleming said his client had responded to neighbors' concerns by reducing the size of the building. The developer agreed to reduce the number of units from 52 to 39, bring the height of the building down one level, pull back the building's footprint and recess the upper levels into the building to address concerns about scale, he said.

"There is no hiding the fact that neighbors have concerns with different aspects of it, whether it be the scale, the style of materials that are going to be used," Fleming said. "Stephen, my client, has listened."

Brian Donahue, the

project's architect, said the building would include 18 one-bedroom units and 21 units with two bedrooms. Fleming said the units would be market-rate apartments.

Eight residents, including an at-large city councilor, voiced their opposition to the proposal at the ZBA meeting.

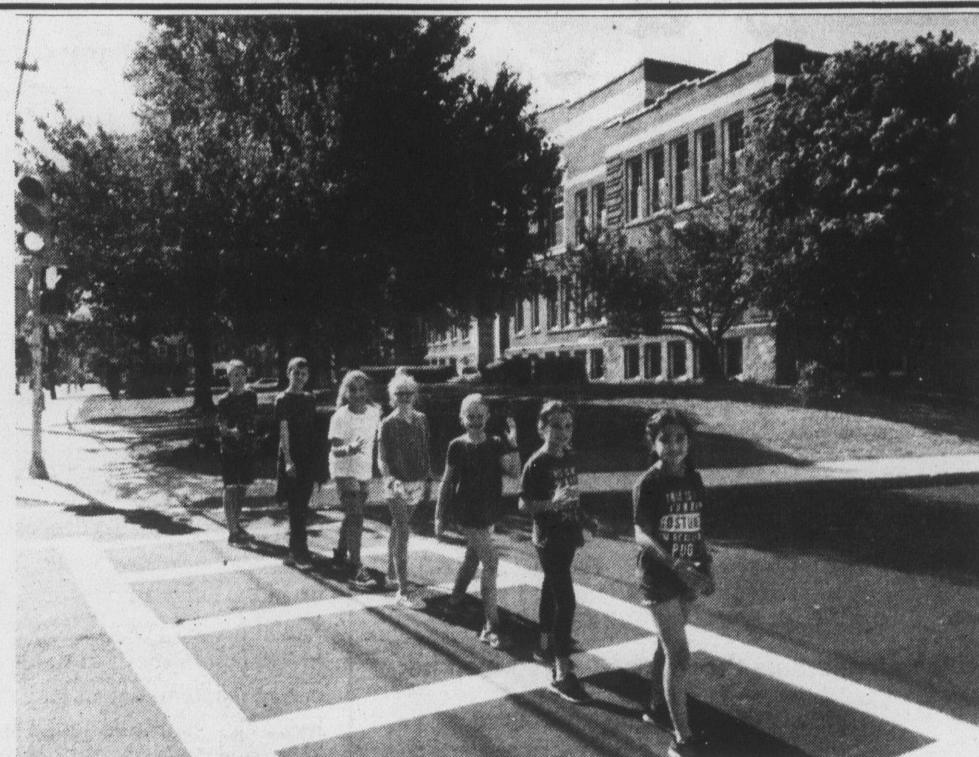
Stephen Holochuck, a Francis Avenue resident, said the proposed building is oversized for the area on which the developer is seeking to build.

"The reality is that the proposed building is grossly oversized for the lot on which they want to build," he said.

Tom Stansbury, a Newcomb Street resident, said the building would tower over homes in the neighborhood.

"The building will be taller than the YMCA and

Cont'd On Page 13



FIFTH GRADE STUDENTS at the Wollaston School use a new crosswalk at Taylor Street to cross the street. From left to right are Blake Nelson, Eli Matteson, Jayelle Coney, Zoe Nelson, Emily Rosenthal, Sammy Foley, and Elena Townsend.

Courtesy Photo

\$545,455 Grant For New Fire Pumper

Cong. Stephen Lynch announces the City of Quincy has been named the recipient of an Assistance to Firefighters Grant.

As part of the seventh round of grants announced last week, Quincy received one of 410 Assistance to Firefighters Grants that were

awarded to cities and towns nationwide. The grant in the amount of \$545,455 will assist the Quincy Fire Department with acquiring a pumper.

"I am pleased to see the City of Quincy receive an Assistance to Firefighters Grants from FEMA," Lynch

said. "Congratulations to Chief John Cadegan on securing this federal grant that will help the Quincy Fire Department acquire a new pumper that will provide them with the necessary equipment to better serve the fire department and the City of Quincy."

Homeowners with equity: Roll all your debt into one new loan

You have a mortgage. And a good amount of equity. You also have other debts you would love to combine into one loan at today's low rates. That's what you get with a 30-Year Consolidation Mortgage from Colonial Federal Savings Bank. Some people like this idea because it makes life simple and streamlined. For others, it's a fresh start and a real weight off their back. Is it right for you? It's easy to find out. Call Angela Blanchard, Vice President/Retail Lending, at 617-471-0750 or apply online at colonialfed.com. (Other loan lengths are available. Please ask!) Colonial Federal, a bank with ideas.



30-YEAR FIXED
3.625%^{RATE}
3.730%^{APR}
NO POINTS!



**COLONIAL FEDERAL
SAVINGS BANK**

"Your neighborhood bank!"

QUINCY: 15 Beach Street 617-471-0750
1000 Southern Artery (Residents only) 617-479-1430
HOLBROOK: 819 South Franklin Street 781-767-1776
EAST WEYMOUTH: Middle & Washington Streets 781-331-1776
ONLINE: colonialfed.com

Rogers Jewelry

MOVING SALE

MOVING SALE

MOVING SALE

All Inventory Must Go.

1402 Hancock St., Quincy

For more information:
617.773.3636 • www.rogersjewelry.com

SAVE BIG!
LIMITED TIME ONLY

Bargains won't last. Hurry in now.

Up to **50% OFF**
IN STOCK ITEMS!

New Quincy Location • Coming Soon! • 1250 Hancock St.

Some additional facts: Rate/Annual Percentage Rate (APR) effective as of 09/11/19 and may change. Applies to 1-4 family owner-occupied homes. Assumes a maximum 80% loan-to-value and first mortgage position. Subject to credit approval. A 30-Year Loan would be repaid in 360 equal monthly principal plus interest payments of \$4.56 per \$1000 borrowed, which do not include taxes or insurance premiums, if applicable. So your actual monthly payment will be greater. NMLS #409557.



The Quincy Sun

(USPS 453-060)

Published Weekly on Thursday by
The Quincy Sun Publishing Co., Inc.
1372 Hancock St., Quincy, MA 02169

Robert H. Bosworth
Publisher and Editor

Henry W. Bosworth, Jr.
Founder
1968 - 2009

\$1.00 per copy newstand • \$40 per year in Quincy
\$42 per year by mail outside Quincy • \$50 out-of-state

Telephone: 617-471-3100 Fax: 617-472-3963

online at: www.thequincysun.com

email address: thequincysun@verizon.net
rbosworth@thequincysun.com

Periodicals postage paid at Boston, MA
Postmaster Send address change to:
The Quincy Sun, 1372 Hancock St., Quincy, MA 02169

The Quincy Sun assumes no financial responsibility for typographical errors in advertisements but will reprint that part of an advertisement in which the typographical error occurs.



Moments
in time

THE HISTORY CHANNEL

• On Oct. 15, 1917, Mata Hari, the seductive female spy, is executed for espionage by a French firing squad. Mata Hari claimed to have been born in a sacred temple, but in reality, the exotic dancer was born Margaretha Geertruida Zelle in Holland.

• On Oct. 17, 1931, gangster Al Capone is sentenced to 11 years in prison for tax evasion. Capone had avoided long stints in jail by bribing city officials and intimidating witnesses, and tax evasion was the only way federal agent Eliot Ness and "The Untouchables" could get him.

• On Oct. 14, 1947, U.S. Air Force Capt. Chuck Yeager becomes the first person to fly faster than the speed of sound. His X-1 rocket plane was dropped from a B-57 aircraft, rocketed to 40,000 feet and exceeded 662 mph.

• On Oct. 16, 1958, Chevrolet begins to sell a car-truck hybrid that it calls the El Camino. The vehicle, a combination sedan-pickup truck built on a station-wagon platform, was discontinued two years later, but was brought back in 1964.

• On Oct. 20, 1968, American Dick Fosbury wins gold and sets an Olympic high-jump record when he clears 7 feet 4 1/4 inches at the Mexico City Games. It was the international debut of his unique jumping style, known as the "Fosbury Flop."

• On Oct. 18, 1977, in the sixth game of the World Series, New York Yankees outfielder Reggie Jackson hits three home runs in a row off of three consecutive pitches from three different pitchers. Only Babe Ruth had ever hit three homers in a World Series game, but he didn't do it on consecutive at-bats.

• On Oct. 19, 1987, Black Monday, the Dow Jones Industrial Average experiences its largest-ever one-day percentage decline, plunging 22.6%. Unrelated world events compounded by computer-governed trading conspired to tank global markets.

(c) 2019 Hearst Communications, Inc.
All Rights Reserved

Silent Movies At Bethany Congregational Church

As a benefit to Bethany's Orgain Repair fund, Bethany Church, 18 Spear St., Quincy Center will be showing two silent movies on Saturday, Oct. 19 at 7:30 p.m.

The two movies are: *Phantom of the Opera*, starring Lon Chaney, and *The Haunted House* starring Buster Keaton.

Admission is free with a suggested donation at the door. Light refreshments to

follow.

Quincy's own organist/Improvisationist Peter Krasinski will accompany the movie in his unique style, described as "a great marriage of movie and music." Krasinski specializes in the art of live silent film accompaniment and has performed locally, across the United States, and Internationally.

For more information call the church office at 617 479-7300.

Vaping: A Public Health Crisis

By RUTH JONES
MSPH, BSN, RN, BC, CP-FS
City of Quincy Health Commissioner

Vaping consists of inhaling and exhaling the aerosol (vape) produced by an e-cigarette or similar battery powered device. E-cigarettes come in many varied sizes, types and colors. Some resemble pens or small electronic devices such as USB sticks. E-cigarettes heat up nicotine, flavorings, and other chemicals, turning them into a vapor you can inhale. Many chemicals that cause cancer are in this vapor including formaldehyde, heavy metals, and particles that can get trapped in the deepest parts of your lungs. Additionally, there have been reports of "wet lung" or fluid buildup in the lungs among vape smokers. Your lungs typically would not get permanently wet or fill with fluid simply by breathing in vaporized water such as fog. However, vaping causes inflammation of lung tissue, including hypersensitivity to the chemicals found in flavored e-juice, which can result in fluid, difficulty breathing, scarring of the lungs, and even respiratory failure.

In January 2018, the National Academies of Science, Engineering and Medicine released a study report that reviewed over 800 different studies. That report made evident that using e-cigarettes causes health risks. It concluded that e-cigarettes both contain and emit a number of potentially toxic substances. The report also stated there is moderate evidence that youth who use e-cigarettes are at increased risk for cough and wheezing and an increase in asthma exacerbations. Consider the following:

- A study from the University of North Carolina found that the two primary ingredients found in e-cigarettes, propylene glycol and vegetable glycerin are toxic to cells and that the more ingredients in an e-liquid, the greater the toxicity.

- E-cigarettes produce a number of dangerous chemicals including acetaldehyde, acrolein, and formaldehyde. These aldehydes can cause lung disease, as well as cardiovascular (heart) disease.

- E-cigarettes also contain acrolein, a herbicide mainly used to kill weeds. It can cause acute lung injury and COPD and may cause asthma and lung cancer.

- Both the U.S. Surgeon General and the National Academies of Science, Engineering and Medicine have warned about the risks of inhaling secondhand e-cigarette emissions, which are created when an e-cigarette user exhales the chemical cocktail produced by e-cigarettes.

The CDC and the FDA recently have been investigating a multistate outbreak of lung disease that has been associated with the use of e-cigarettes or vaping products. There have been over 500 cases of lung injury and some deaths across the country and while many have been associated with the use of THC and/or nicotine no single product has been linked to all of the cases.

On September 24, 2019, Governor Charles D. Baker declared a public health emergency in the Commonwealth due

to this severe lung disease associated with the use of e-cigarettes and vaping products, and the epidemic of e-cigarette use among youth. In Massachusetts, 41% of all youth in 2017 reported trying e-cigarettes and 1 in 5 reported using e-cigarettes regularly.

Massachusetts has a long history of tobacco cessation and prevention partnerships between MDPH and local health departments in enforcement of tobacco control policies at the local level. Local health departments will continue this effort to increase the availability of cessation resources. The Massachusetts Smoker's Helpline is a free and confidential service for those who seek help in ending their tobacco use. Additionally there are resources specifically geared to those who vape. The following is a list of sources to inform the public about the dangers of vaping and how to quit:

Massachusetts Resources

- [My Life, My Quit](#) is a free resource to help youth quit vaping.

- o Teens can call or text "start my quit" to 1.855.891.9989 or they can visit www.mylifemyquit.com for real-time coaching.

- o Through the program, teens work with a coach who listens and understands their unique needs, provides personalized support, and helps them build a quit plan to become free from nicotine.

- [The New Look of Nicotine Addiction](#). This video from the department of public health can be used as a public service announcement on public access channels, newsletters, blogs, emails, social media (especially parent Facebook groups), presentations, etc.

- Free materials from the Massachusetts Health Promotion Clearinghouse for the youth campaign: [Vapes & Cigarettes: Different Products Same Dangers](#) and the adult/parent campaign: [The New Look of Nicotine Addiction](#).

- o The school toolkit has best practice resources, strategies and curriculums.

- [This is Quitting](#) powered by truth®, in partnership with the Massachusetts Department of Public Health, is a free and confidential texting program for young people who vape. Text "VapeFreeMass" to 88709 to get started.

- Visit teen.smokefree.gov for tools and tips to help you quit.

- Ask for help from your school nurse or counselor, athletic coach, doctor, parent or other trusted adult.

National Resources

- [Campaign for Tobacco-Free Kids](#)

- o Tobacco-Free Kids partnered with Michael Bloomberg for a new \$160 million initiative called [Protect Kids: Fight Flavored E-Cigs](#).

• Truth Initiative

- o Truth confronts JUUL and other e-cigarette manufacturers in new campaign, "[Tested on Humans](#)."

• [FDA Real Cost Campaign](#)

- [New FDA Webpage on Respiratory Illnesses Associated with Use of Vaping Products](#)

Vaping Risks Included In Middle School Curriculum

Cont'd From Page 1

larly at risk and officials want to head off the appeal of vaping as these students move into high school.

"Developmentally, middle school students are at risk and has escalated this issue for the need for prevention," she said.

Citing a recent study, Connerty said that 41 percent of Bay State high school students used e-cigarettes and 20 percent reported they vaped in a 30-day period.

"The current use of e-cigarettes among high school youth was higher than that for all other tobacco products combined and students used them six times more often than adults," she said.

Connerty said the vaping liquid has recently

been offered in various flavors making it attractive to young adults. Additionally, she said vaping products are easily available at convenience stores and are sold for as little as a dollar.

"The e-cigarette industry has capitalized on preteens and teens by making the products sweet, easy to get, and cheap," she said.

According to Connerty, teens vape for a variety of reasons, such as a way to cope with anxiety and stress, peer pressure, and being misinformed that it's harmless.

"Understanding the reason why kids may vape is crucial to intervention and prevention," she said.

Connerty said that middle school academic teachers along with guidance

counselors and physical education and health teachers would be working with students about the dangers of vaping.

"Throughout the district, we will be empowering students by sharing the facts about the vaping industry, helping students identify social, emotional, and peer influence reasons for vaping, and educate students on prevention through physical activity," she said.

Teachers will also help students set personal goals and make healthy decisions.

"We will ask students to explore reasons what may trigger them to vape," said Connerty.

Students will write down action steps to make healthy decisions and help their peers to do the same.

The SADD (Students Against Destructive Decisions) chapter will be involved in supporting the Be Well initiatives in grade 5 and 6 as well as schoolwide.

"We have found that students inspire each other for positive change and support one another," said Connerty.

November will be Vape Out Month educating students about the dangers of vaping and the marketing tactics of vaping products, and exploring peer pressure.

Committee member Douglas Gutro questioned if the vaping issue is included in the district's health curriculum.

The district's Director of Student Support Services Maura Papile said that vaping has been discussed in

Cont'd On Page 15

OCT 3 2019

Scenes From Yesterday



THIS 1930s postcard is a view of the old Norfolk Downs railroad depot in North Quincy. Billboard ads covered all sides of the depots in those days. The station was on the Newport Avenue side of the tracks, across the tracks from the end of Billings Road, on what is now the site of the Chipotle Mexican restaurant (60 Newport Ave.).

This view is from a small park and drive that were on the Newport Avenue side. Note the old cars on the left. The station was demolished in the 1960s when the Red Line was built through here.

From the Postcard Collection of Tom Galvin

Takes Issue With 'Methadone Mile' Statements

I am writing in response to the Boston Ferry Service to Long Island Readers Forum submission printed on Sept. 19.

While I am in agreement with the author's support of a ferry system being used to transport Boston's vulnerable to Long Island for substance use disorder treatment, rather than building a bridge, my reasons are different. I am opposed to the bridge being built because Boston has not fully disclosed its plans for the use of Long Island and may be planning other residential development on the island in addition to a recovery campus. That would cause an excess of traffic on Quincy Shore Drive and roads through Squantum to Long Island. I also believe that a more immediate solution for a recovery campus location is needed rather than waiting for years for a bridge to be built to address the current opioid crisis.

Where I take issue with the author is around the sweeping statements about "Methadone Mile" and "the proposed treatment-recovery campus sounds good on paper but in reality many of those currently in and around Mass and Cass at Methadone Mile will stay put. The campus on the island may help many but not most who just like being free spirits living like they are without any rules to follow."

How do you know this and what data do you have to make this judgement? Do you imagine that any human being growing up has wished to "be a free spirit", living in filth and squalor on a sidewalk with an addiction

habit that must be filled by engaging in the most debasing and dehumanizing activities experienced? Do you imagine that a person without an addiction might ever "choose" to live this way just to be a "free spirit"? Do you imagine a person with an addiction doesn't feel intense shame and self-loathing for the life they are now living and from which they cannot find a way out?

The problems in the area of Melnea Cass and Mass Avenues are a direct result of the abrupt closure of the Long Island shelters and recovery programs several years ago. A direct result that was ill-timed with the advent of the opioid crisis. It created a "perfect storm" that left the most vulnerable adults and young people in Boston literally on the streets. There were very few people living and using on those streets in that area prior to the closure. So, yes, as someone who has worked for 22 years on Mass. Ave as a licensed mental health counselor with those experiencing homelessness and/or substance use disorder, I have direct knowledge that many of these displaced persons would benefit from a recovery campus and also, safe shelters for those experiencing homelessness.

I also take issue with the statement "Methadone Mile needs to be dissolved." Do you have any real data on how many people are living with substance use disorder and thriving as contributing members of society because of Methadone? Or Suboxone? Or other OBAT (Office Based Addiction Treatment) services offered in this area of Boston? What should be

READERS FORUM

referred to here as a concern is that out-of-area dealers come to this area near the treatment clinics to prey off of those struggling in recovery. Those who receive their methadone or other medically assisted treatments are not contributing to the problems in the area. So, dissolving what is referred to here as "Methadone Mile" and the recovery services offered there would contribute to a solution...how?

I also take issue with the statement, "the homeless is a regional issue" and the implication in the article that people (and I emphasize PEOPLE) experiencing homelessness are the same people that are struggling with substance use disorder and/or, one step further, are the people who are coming into the area to deal drugs to the vulnerable. While there may be some overlap, there are clear distinctions between these groups as well and I am concerned about the stigma and judgements that may occur with "lumping" people and issues together.

So, while I appreciate the spirit of saying "we should all be working together," let's also look at facts, judgements, stigma, biases, criminalization and the implications thereof when addressing this complex problem. Let's get educated. Let's use people-first language. Let's understand the issues of homelessness, substance use disorder and recovery. Let's look at our own biases.

And by the way, rather than "Methadone Mile," we in the work of helping people rebuild their lives prefer to remain positive and call it "Recovery Road."

Linda Smith
Bay State Road
North Quincy

Kudos HN Garden Club For Renovating WWII Memorial

I want to recognize the outstanding work by the Houghs Neck Garden Club for the beautiful job they have done organizing and planning the renovation of the World War II Memorial.

Through a Community Preservation grant they have restored the walkway, and completely landscaped the corner where the monument stands. All the names of Houghs Neck residents who served in the war are inscribed on bricks around the monument.

Hopefully the community and city will do their share to protect it for future generations.

Thank you!
"One Happy Neck At Heart"

Nancy Brennan

Quincy's Yesterdays

This Week
1952
67 Years Ago

City Seeks To Buy Squantum Park For \$25,000

By FRANK McCUALEY

Mayor David S. McIntosh of Quincy and Mayor John B. Hynes of Boston have agreed to jointly sponsor a bill in the legislature through which Quincy would be able to purchase Squantum Park for \$25,000.

This agreement was reached during a conference in Mayor Hynes' office in Boston City Hall, arranged by Joseph P. McDonough of Quincy, a candidate for the state senate.

The purpose of the bill is to enable Quincy to pay more than the maximum, which the city is allowed to expend for land, which is the assessed valuation plus 25 percent. The assessed valuation of Squantum Park, which includes about 11 acres, is approximately \$11,000. This valuation plus 25 percent would restrict Quincy to paying a maximum of about \$15,000.

The bill, as written, would bypass the Boston City Council. If passed by the legislature, the Quincy City Council would have to appropriate the necessary funds.

COUNCIL APPROVES

NEW WAGE SCALES FOR CITY WORKERS

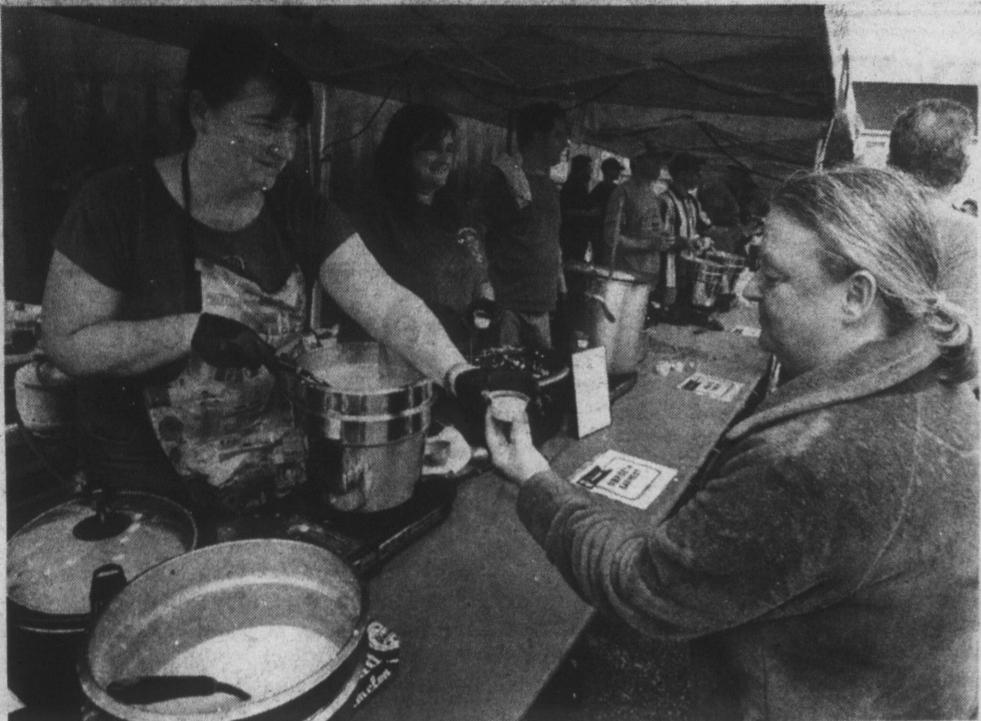
The Finance Committee of the City Council established policies to shape the new wage differential scale for city employees proposed by the job evaluation committee.

The Council also voted spot increases to six employees whose wages were considered so unfairly out of line that immediate action was deemed justified. These increases involving two carpenters, a painter, a radio technician and two machine operators, were immediately effective.

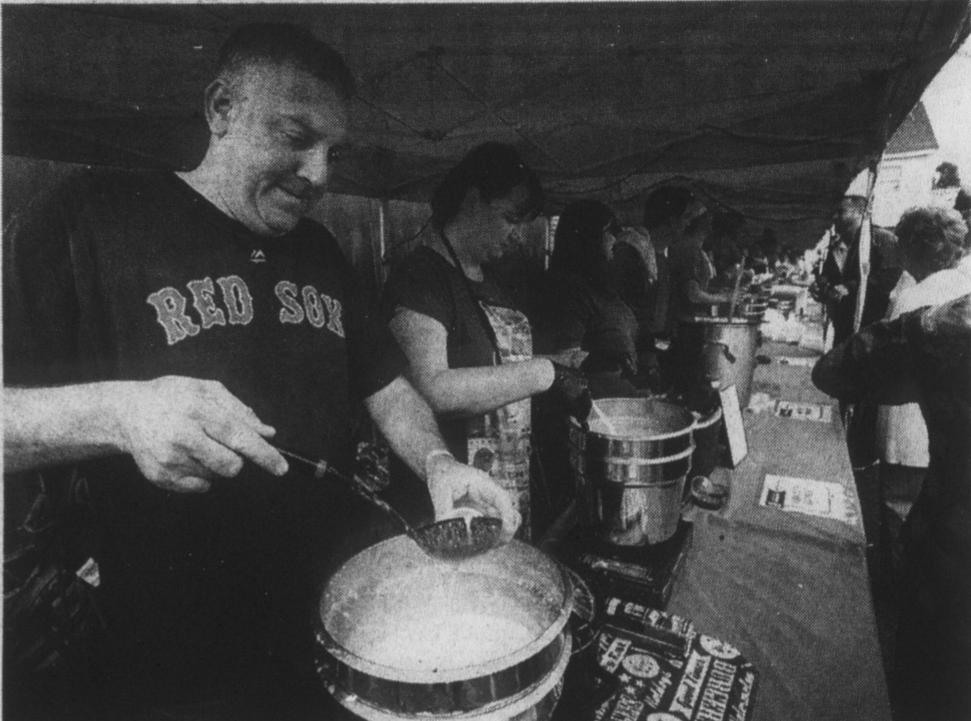
Councillor David J. Crowley protested that the appointment of the job evaluation committee by the city manager was contrary to union practices. Councillor Crowley contended that employees should have the right to set up their own grievance committee and not management.

QUINCYISMS

Quincy Red Feathers and USO Campaign were launched with a goal of \$166,819 to be reached within the next two weeks. General Chairman Chester J. Weeden said it was the "rock bottom need" of 14 different agencies... A daughter was born to Mr. and Mrs. Edward Fisher, 209 Winthrop St., Houghs Neck... The Quincy Cooperative Bank, 1259 Hancock St., Quincy Center, announced its latest dividend rates were "3 1/2 % Per Annum on Monthly Savings Accounts While Paid Up Shares Were 3% Per Annum"... District Governor Robert W. Stone presented the Rotary Magazine Award to the Quincy Rotary Club. Accepting the award was Rotary Club President Nick Papani... Valerie Lee Haskell, daughter of Mr. and Mrs. Arnold Haskell, 68 Sea Ave, Houghs Neck, recently celebrated her second birthday... City Manager William Deegan appointed Miss Gertrude Callahan, Assistant Librarian of the Thomas Crane Library for the past 25 years, to the position of Librarian. She succeeds the late Galen Hill... Sheridan's of Quincy was offering, "Jersey Dresses of Orlon and Wool At The Remarkable Low Price of \$16.95"... Raytheon Mfg. Co., 227 Parkingway, Quincy Center, was asking, "Women, Join a Real Team, Raytheon Offers You More Than Just the Advantages of Good Pay"... The members of the North Quincy High School Class of 1942 were planning their 10th Anniversary Reunion. Richard Morrissey, 244 Winthrop St., Quincy, was chairman of the reunion committee... The Peninsula Women's Club held a covered dish supper and dance at the Rock Island Cove Clubhouse. Mrs. Edward Barrett, club president, was chairman of the planning committee... The Lincoln Theater, Washington St., Quincy Point, was featuring Helen Hayes and Robert Walker in "My Son John," while Rita Hayworth was starring in "Affair in Trinidad" at the Strand Theater, Chestnut St., Quincy Center... Senator Richard M. Nixon, Republican nominee for Vice-President, was scheduled to speak from a platform at the Quincy Railroad Station parking lot on Monday, Oct. 6... Foy's Supermarket, 1177 Hancock St., Quincy Square, and 60 Franklin St., South Quincy, were offering "16 ounce Cans of Corned Beef Hash for 39 cents"... Members of the Snug Harbor Improvement Association were planning a dinner-dance for Nov. 1. Gordon Driscoll, president of the association, presided at the meeting... In celebration of its 56th anniversary, Mohican Market, Chestnut St., was offering "Turkeys, 12 to 15 pounds, for 59 cents a pound"... The City Council approved funding for an \$184,000 seawall project for portions of Post Island and Houghs Neck.



HEATHER CAREY serves clam chowder during the 15th annual Houghs Neck Chowdafest at the Houghs Neck Maritime Center.



TIM CAREY prepares a sample of his clam chowder at the recent Houghs Neck Chowdafest.

Rain Doesn't Dampen Houghs Neck Chowdafest

Cagney's, Merideth Earnest Recipe Winners

By TOM GORMAN

About a half hour after the 15th annual Houghs Neck Chowdafest got underway, a heavy rain shower rolled through the area creating a scurry of more than 300 attendees seeking cover under the canopies where contestants were serving their chowder. Forty-five minutes later, the rain stopped and it was back to business.

"This is the first time in 15 years that it rained," said

Houghs Neck Community Council's treasurer, Eileen Timco, one of the coordinators of the chowdafest, as the sun broke through the clouds. "Everyone hid under the tents for a while. They're coming back out now."

After a brief delay and a wet start, the chowdafest served up another successful community event where hundreds gathered at the Houghs Neck Maritime Center on Saturday, Sept. 14

Cont'd On Page 26

MERIDETH EARNEST (right) serves her shrimp and corn chowder. Earnest's recipe was voted the best in the individual category.



QATV OPEN HOUSE

Visit our studios and learn how you can become involved producing shows for your local community. Meet some of the personalities of your favorite QATV shows and talk to the members that make them a success. Listen to some great music and watch a live studio show. QATV provides the equipment, facilities, and training that empower our members to turn their creative ideas into programming for our viewers to enjoy.

Music: Sam Gentile with Basic Black
The Steve Macdonald Trio

Refreshments

Live Show: 'All Friends Cabaret'
with Krystyne Cheever

Giveaways

'Wreaths Across America'
Representatives from 10am-12pm

Bring the family!
Fun for All!

Saturday, October 5th, 10am-2pm
Quincy Access Television
88 Washington Street

New members who sign up for a free membership
during our Open House will automatically be
entered into a drawing to win an Apple Watch.



Apple Watch

OCT

3

2019

Social

'Walk Together Children' Concert At Christ Church

"Walk Together Children," a joint concert featuring the Quincy-based Schiller Boston Community Chorus and the Jena Jubilee Singers of Jena, Germany, will be held Tuesday, Oct. 8 at 7 p.m. at Christ Church, 12 Quincy Ave., Quincy.

The program will feature music by Harry Burleigh, Hall Johnson, Moses Hogan, Franz Schubert, and JS Bach.

Works performed include "Kyrie" from the Mass in G Major by Franz Schubert, "Deep River," "I've Been Buked," and other traditional classical works and African American spirituals.

Donations appreciated and parking is free. All are welcome.

The Schiller Boston Com-

Harry Potter Extravangza At Community United Methodist Church Oct. 26

Quincy Community United Methodist Church announces the 15th annual Harry Potter Extravangza will be held Saturday, Oct. 26 beginning at 1 p.m.

The event, considered the longest-running Harry Potter themed event in the region, is a local Halloween event that has become a tradition in Quincy and the South Shore.

The Harry Potter Extravaganza is an interactive the-

atrical event that promotes literacy and diversity. Families are encouraged to dress up, participate in a sorting ceremony, meet Hogwarts faculty and staff, attend magical classes and attend a Halloween Treats Feast.

RSVPs are required because the event sells out every year. Call the Quincy Community United Methodist Church at 617-773-3319. The church is located at 40 Beale St., Wollaston.

Six Local Students Attending UMass On Burke Scholarship

Quincy attorney George Burke announces he has funded six \$1,000 scholarships for Quincy students to attend the University of Massachusetts this school year.

Three of the local students are graduates of Quincy High School; the other three are graduates of North Quincy High School.

Recipients of the George G. Burke Foundation Scholarship from North Quincy High School are: Maria Zaizaa (attending UMass Amherst), Emily Tan (UMass Boston) and Steven Chen (UMass Amherst).

Zisk - all attending the University of Massachusetts in Amherst.

Recipients of the George G. Burke Foundation Scholarship from North Quincy High School are: Maria Zaizaa (attending UMass Amherst), Emily Tan (UMass Boston) and Steven Chen (UMass Amherst).

Burke has now given \$188,000 in scholarships to Quincy students to attend the University of Massachusetts.

I make house calls!



Interior decorating,
home décor sewing,
downsizing/decluttering,
home staging,
decorating seminars

Secretary of the Interior

Creative solutions at reasonable rates
Call Barbara at 617-921-6033
www.sec-interior.com



QUINCY COLLEGE FETE hosted by the Quincy College Trust and Quincy College President Michael Bellotti celebrated long-time college donors at a recent Donor Appreciation Reception held at Alba Restaurant in Quincy. From left to right: Scott Campbell, Quincy College Trust; Melissa Juarez, Quincy College Trust; Susan Bossa, associate vice president for Student Development and Quincy College Trust; Gail Samaha, Quincy College Trust; Quincy College President Michael G. Bellotti; Marianne Peak, College Courses Inc.; Wendy Simmons, College Courses Inc.; and Tina Cahill, director of Institutional Advancement for Quincy College and Quincy College Trust.

Photo Courtesy Quincy College

Quincy College, Trust Recognize Patrons, Donors

Quincy College President Michael Bellotti and the Quincy College Trust recognized patrons and donors supporting Quincy College's mission at a recent donor appreciation reception held at Alba Restaurant in Quincy.

The Quincy College Trust is a non-profit foundation which was established to receive endowment funds, charitable donations

and gifts in support of Quincy College and its mission to provide an affordable and accessible post-secondary education to its students.

The event was held to recognize and celebrate individuals, organizations and community at large for their communities generous support and commitment to Quincy College and its students.

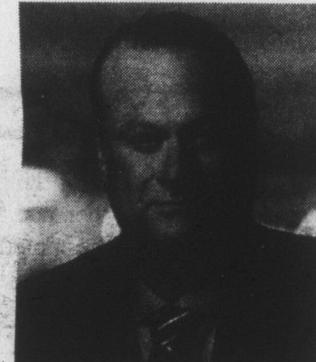
"The Donor Apprecia-

tion event and the evening was an opportunity to thank our donors for investing in and understanding the value of education and the impact it has on our students, both on a personal and professional level," said Tina Cahill, director of Institutional advancement and the chairperson of the Quincy College Trust. "Their generosity provides scholarship,

paid internship opportunities, and support of student life initiatives helping enroll, retain, and matriculate successful students, alumni, and leaders. Thank you to our donors for their support. "Cahill added.

For more information about how you can support Quincy College, visit: <https://quincycollege.edu/support-qc/>.

Lyndon Matteson President, CEO At Liberty Bay Credit Union



LYNDON MATTESON

Liberty Bay Credit Union has named Lyndon (Lyn) Matteson of Quincy president and chief executive officer. Matteson joined Liberty Bay Credit Union in December 2018 as president and chief operating officer with the intention of succeeding Edward Lopes when he retired in September. "Lyn has done an outstanding job building on his track record of delivering growth and earnings in the short time he has been at Liberty Bay," said Ed-

ward Foley, chairman of the Board, Liberty Bay Credit Union. "His deep expertise in business development with retail, commercial and

business banking will be on display as new product offerings are introduced that will enhance our current suite of products and further assist our membership to reach their financial goals."

"It is an honor to take over as president and CEO of Liberty Bay Credit Union," said Matteson. "Ed created a solid foundation and I look forward to building on Liberty Bay's track record of success. We will deliver sophisticated, yet frictionless technologies supported by our award

winning financial literacy program. Our team will introduce a variety of exciting initiatives that will be new to the credit union space and enhance our member's experience."

Prior to joining Liberty Bay Credit Union, Matteson has held executive positions at Upstate National Bank, RBS Citizens Bank, Charter One Bank, and Key Bank.

Matteson received a Bachelor of Arts degree in communication with a minor in business management from the State University of New York, Plattsburgh.

Quincy Lions Club Pancake Breakfast Oct. 27

The Quincy Lions Club will host its annual Pancake Breakfast Sunday, Oct. 27 from 8 a.m. to noon at the Dining Hall located at 1000 Southern Artery.

Tickets are just \$5 for adults (children 12 and under are free) and can be purchased at the door or online at www.quincylionsclub.com. The event is open to the public and costumes are encouraged.

"Funds raised at the Pancake Breakfast will allow Lions to help meet needs in our community including providing vision exams and eyeglasses to those in need," said Quincy Lions Club President Doreen Smith. "Lions members thank everyone who contributes to this important work. This event allows the Quincy Lions Club to continue to serve our community; and

provides an opportunity for all involved - from Quincy Lions, volunteers, neighbors and families to connect, communicate, and enjoy a breakfast together."

Smith added: "We are

especially grateful to our sponsors, without them we would not be able to carry on this event." Current sponsors include Keohane Funeral Home, Interfaith Social Services, NorthEast

Community Bank, Quincy Memorials, Inc and Stop & Shop. Those interested in becoming a sponsor can visit www.quincylionsclub.com or email the club at quincylionsclub.com.

HAPPY HALLOWEEN
from your friends at...

FUSION TASTE HOUSE

Fusion Kitchen
FINE CHINESE & JAPANESE CUISINE

75 Franklin Street, Quincy, MA 02169
617-481-9830

Gift Certificates, Delivery & Catering Available

AMPLE FREE PARKING



QUINCY LIONS CLUB Past President Amy Huber (third from left) was recently honored with a Melvin Jones Fellowship Award, the highest recognition from Lions Club International for outstanding community service. With Huber are (from left to right) Kim DeLisle (Amy's sister), her husband, Brad Huber, and Past President David Sawyer who presented the award.

Photo Courtesy Quincy Lions Club

WHAT'S COOKING

with

Marie & Susie

By MARIE D'OLIMPIO and SUSIE FALCO

Apple Fritter Bread

By MARIE

Isn't it amazing how versatile apples can be? With just one fruit one can create delicious desserts from apple pie to today's recipe for an Apple Fritter Bread.

With autumn here and apple-picking right around the corner this recipe will come in handy. You will find this bread has a moist consistency that you will enjoy.

Pre-heat oven to 350 degrees; grease a loaf pan

INGREDIENTS:

For the Bread:

2/3 cups granulated sugar
1/2 cup softened butter
2 eggs
2 teaspoons vanilla extract
1 1/2 cups all-purpose flour
1 1/4 teaspoon baking powder
1/2 cup milk
1 and 1/2 cups apples, washed, peeled and diced

For the Cinnamon/Sugar mixture:

1/3 cup brown sugar
1 and 1/2 teaspoons cinnamon
1/2 cup walnuts (Optional)

In a bowl mix until well blended the brown sugar and cinnamon, add walnuts if using.

In a large bowl mix the granulated sugar and butter together until well blended. Then add in eggs and vanilla and blend well.

Add the flour, baking powder and milk until all of the batter is well mixed.

Pour half of the mixture in to the loaf pan.

Place half of the diced apples on top of the first layer of batter. Sprinkle half of the sugar mixture over the apples and then add the remaining loaf batter on top of the apple layer, toping with remaining apples and sugar mixture.

Bake 50-55 minutes or until toothpick comes out clean.

For the glaze:

In a small bowl mix the confectionary sugar and 4 or 5 tablespoons of milk. Drizzle over top of baked bread while bread is still warm.

Shepherd's Pie With Cauliflower

By SUSIE

Here is a delicious and hearty recipe for when the temperature outside is dipping.

Shepherd's pie was always a staple in my family growing up, here is a healthier version using cauliflower instead of potato to reduce the carb count for those watching their carb intake.

Serve with a simple salad and you have a delicious and satisfying meal.

SHEPHERD'S PIE WITH CAULIFLOWER

2 pounds of ground lamb, turkey or grass fed beef

2-3 heads of cauliflower or 3-4 bags of frozen cauliflower

1 bag of frozen mixed organic veggies of choice

2 onions, chopped

1 cup organic broth (+ 1/4 cup extra for arrowroot)

1 tbslp arrowroot for thickening

1 egg yolk

1 tsp sea salt, garlic powder, and a dash of pepper

3-4 tablespoons of grass fed butter

4 ounces of organic cream cheese or

dairy free cream cheese like Kite Hill brand.

Saute diced onion in skillet with some ghee/or olive oil until translucent. Add meat and cooked until browned. Toss in sea salt, pepper, garlic powder.

Add 1 cup of broth and simmer 5 minutes. Now it's time to thicken with arrowroot. Add the arrowroot to the 1/4 cup room temp broth and stir to make a slurry. Add to simmering meat mixture and stir. If not thick enough, add in a bit more. Simmer for 10 minutes without stirring much.

Now add in mixed vegetables and stir. Cook just a few minutes.

In large pot boil several cups of water with some salt and add cauliflower. Cover and cook until just soft enough to mash.

Strain and make sure ALL the water is drained out. Mash with hand held blender(makes them extra creamy) and add butter and some sea salt and pepper.

Now add in the cream cheese as well and blend some more. When cooled a bit, blend in the egg yolk well.

Place meat mixture on bottom of greased 9 by 13" pan and spread cauliflower mixture on top. Bake about 30 minutes.

Past President Amy Huber Receives Lions Club Highest Honor

The Quincy Lions Club recently present past president Amy Huber with the Melvin Jones Fellowship Award.

The Melvin Jones Fellowship Award is the highest recognition from the Lions Club International Foundation being given to a member who has rendered outstanding community service.

It is named for the Lions Club founder Melvin Jones

who in 1914, prompted by his personal code "You can't get very far until you start doing something for somebody else" invited other business owners and representatives from other mens clubs around Chicago, Ill. to become part of what would later become Lions International. In 1925 Helen Keller challenged the Lions to become "Knights of the blind in the crusade against darkness."

Huber was honored for being a tireless crusader throughout her years as a Lion always going the extra mile. She joins a distinguished group of men and women who will continue to carry out the Lions Club motto of "We Serve."

The award was presented to Huber by David Sawyer, a past president of the Quincy Lions Club and Melvin Jones Fellow. Joining Huber were her sister, Kim DeLisle and husband Brad Huber.

READERS FORUM

Tommy Hally Thanks Supporters

To our family, friends and neighbors:

I can't thank you enough for all the support and encouragement I have received since the news went out of my battle with Stage 4 Sarcoidosis.

To walk into Florian Hall on Friday, Sept. 13th and to see all that has been done for my family and I still leaves me emotional and speechless. You cannot imagine how much strength your support has given me during this difficult time.

Tara, Madison, Maeve and Andrew – thank you for your love and support and for being by my side as we navigate this difficult journey together. I know it's not easy but I'm truly blessed to have you here with me.

To our families, especially Amanda Neff and Tina Roche, and to the many volunteers that made my Friendship Party a success, I am very humbled and wowed by all the support. I am extremely grateful and appreciative of your commitment and hard work. I will forever be thankful.

Stop & Shop Jimmy Fund Golf Tourney Success

Jimmy Fund Golf extends its sincerest thanks to the organizers and sponsors of the Stop & Shop Store Development Jimmy Fund Classic held on Sept. 16 at the The International Golf Club in Bolton. Special recognition and appreciation goes to Bill Lawrence of Quincy and Mike McKnight of Wrentham and the committee who organized the 28th annual event.

The Stop & Shop Store Development Jimmy Fund

Classic is one of more than 160 Jimmy Fund Golf tournaments in 2019 that helped raise critical funds to support world-class cancer research and care. Proceeds from this event will specially fund the Stop & Shop Brain Tumor Clinic at Dana-Farber Cancer Institute.

The Jimmy Fund Golf Program presented by Mohegan Sun is the oldest and largest charity golf program in the country. Now in its 37th year, Jimmy Fund Golf

has raised more than \$128 million to support adult and pediatric cancer research and care at Dana-Farber. From 18-hole golf tournaments to mini golf events and day-long golf marathons, golfers of all ages and skill levels can conquer cancer through Jimmy Fund Golf.

To learn more, visit www.jimmyfundgolf.org.

Amy McCallum
Assistant Vice President,
Jimmy Fund Golf

Dina's Hair & Nail Unisex Salon

5 School St, Quincy
617.479.1797

Adult Cuts	\$9.00
Color	\$30.00
Hair Cut & Blowdry	\$25.00
Matrix Perm	\$40.00
Wax, Lip & Eyebrows	\$6.00

Includes wash, cut & style
WE ALSO DO EXTENSIONS
1st time clients only

QUINT'S House of Flowers

Family Owned & Operated
Since 1919

761 Southern Artery

QUINCY

617-773-7620

OCT

3

2

0

1
9

Avascular Necrosis: Risk Factors, Diagnosis, Treatment

A Message From Ruth Jones, City Of Quincy Health Commissioner

By RUTH JONES
MSPH, BSN, RN,
BC, CP-FS

Avascular necrosis is the death of bone tissue secondary to a lack of blood supply. Also called osteonecrosis, it can lead to minuscule breaks in the bone and the subsequent collapse of the bone. Anyone can be affected, but the condition is most common in people between the ages of 30 and 50.

Many people have no symptoms in the early stages of avascular necrosis. As the condition exacerbates, the affected joint might be painful only when bearing weight on it. Eventually, the person may experience pain even when lying down. Pain can be mild or severe and typically develops gradually. Pain associated with avascular necrosis of the hip might focus on the groin, thigh or buttock. In addition to the hip, the areas likely to be affected are the shoulder, knee, hand and foot. Some people develop avascular necrosis on both sides, such as in both hips or in both knees.

Reduced blood supply can be caused by:

- Joint or bone trauma that might injure adjoining

blood vessels. Cancer treatments involving radiation also can weaken bone and harm blood vessels.

- Fatty deposits in blood vessels.

Particular diseases such as sickle cell anemia and Gaucher's disease (a rare, inherited metabolic disorder) can cause diminished blood flow to bone.

In approximately 25 percent of people with avascular necrosis, the cause of interrupted blood flow is unknown.

Risk factors for developing avascular necrosis include:

- **Trauma.** Injuries, such as hip dislocation or fracture, can damage nearby blood vessels and reduce blood flow to bones.

- **Steroid use.** Use of high-dose corticosteroids, such as prednisone, is a common cause of avascular necrosis.

- **Excessive alcohol use.** Consuming several alcoholic drinks a day for several years also can cause fatty deposits to form in your blood vessels.

- **Bisphosphonate use.** Long-standing use of medications to increase bone density might contribute to

developing osteonecrosis of the jaw.

- **Certain medical treatments.** Radiation therapy for cancer can weaken bones. Organ transplantation, especially kidney transplant, also is correlated with avascular necrosis.

Medical conditions associated with avascular necrosis include:

- Pancreatitis
- Diabetes
- Gaucher's disease
- HIV/AIDS
- Systemic lupus erythematosus
- Sickle cell anemia

Diagnosis

Your healthcare provider will examine your joints, checking for tenderness. They might also move the joints through a variety of positions to see if your range of motion has been diminished. Imaging tests can help pinpoint the source of pain. Options include:

- X-rays
- MRI and CT scan.
- Bone scan.

Treatment

In the early stages of avascular necrosis, symptoms might be controlled with medication and therapy such as:

- Nonsteroidal anti-in-

flammatory drugs to help relieve the pain associated with avascular necrosis.

- Osteoporosis drugs to slow the progression of avascular necrosis.

- Cholesterol-lowering drugs to help prevent the vessel blockages.

- Blood thinners to prevent clots in the vessels feeding your bones.

- Reducing the weight and stress on your affected by restricting physical activity or the use of crutches to keep weight off the joint for several months.

- A physical therapist can recommend exercises to help maintain or improve the range of motion in the joint.

- Electrical stimulation might encourage your body to grow new bone to replace the damaged bone.

Your healthcare provider might also recommend surgery. The options include:

- **Core decompression.**

The surgeon removes a portion of the inner layer of your bone. In addition to reducing the pain, the extra space within your bone stimulates the production of healthy bone tissue and new blood vessels.

- **Bone transplant**

(graft). This procedure can assist in strengthening the area of bone affected by avascular necrosis. The graft is a segment of healthy bone taken from another part of your body.

- **Bone reshaping (osteotomy).** A wedge of bone is removed above or below a weight-bearing joint, to help shift weight off the damaged bone. Bone reshaping might allow a person to postpone joint replacement.

- **Joint replacement.** To replace the damaged parts of the joint with plastic or metal parts.

- **Regenerative medicine treatment.** Bone marrow aspirate and concentration is an innovative procedure that might be applicable for early stage avascular necrosis of the hip. Stem cells are harvested from a person's bone marrow. During surgery, a core of dead hipbone is removed and stem cells inserted in its place, potentially allowing for growth of new bone.

If left untreated, avascular necrosis worsens with time and eventually, the bone may collapse. Avascular necrosis also causes bone to lose its smooth profile, possibly leading to severe



RUTH JONES

arthritis.

To reduce your risk of avascular necrosis and improve your general health:

- **Limit alcohol.** Heavy drinking is one of the leading risk factors for developing avascular necrosis.

- **Keep cholesterol levels low.** Tiny bits of fat are the most widespread substance blocking blood supply to bones.

- **Monitor steroid use.** Make sure your healthcare provider is aware of past or present use of high-dose steroids. Steroid-related bone damage appears to worsen with repeated courses of high-dose steroids.

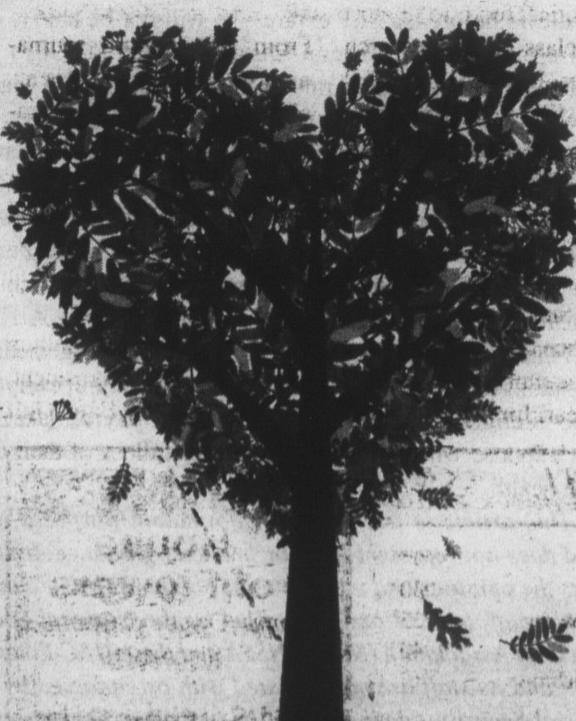
- **Don't smoke.** Smoking increases the risk.

Ruth Jones is the health commissioner for the City of Quincy.



PLEASE JOIN US

Harvesting Hope GALA FUNDRAISER



Friday, October 25, 2019 • 6:00 - 10:00pm
Boston Marriott Hotel, Quincy, MA

To purchase tickets or for information on event sponsorship, please visit our website at www.dovema.org or contact Dawn Hayes, Director of Marketing & Philanthropy

at dawn.hayes@dovema.org or call 617.770.4065 ext. 109

**Every Home
Should Be A
Safe Home**

Your Support Matters!
www.dovema.org

Thank You to all our Sponsors*

Gold Sponsors:

Blue Cross Blue Shield of Massachusetts

Silver Sponsors:

BMC HealthNet Plan

Sarah Perry & Tony Kingsley

Prone Family Foundation

South Cove Community Health Center

Bronze Sponsors:

Boston Mutual Life Insurance Company

Law Office of Anne E. Gillespie

Linden Ponds

McCusker-Gill Inc.

MountainOne Bank

South Shore Health

1978 Club Sponsors:

Attorney George G. Burke

Stephen & Mary* Christo

Scottie Gordon*

Gerry* & Cindy Gould

Healthcare Financial, Inc.

Anton & Christine* Nielsen

Glenn Ricciardelli*

Scituate Family Practice*

Lauryn* & Ben Warnick

Friends Sponsors:

Karen Albaugh

Allways Health Partners

Beth Israel Deaconess Hospital - Milton

Loren* & Jean Bishop

Sue Chandler

Laurie* Doran & Chris Wasel

Ermont, Inc.

Christopher & Nancy Keating

Melick & Porter, LLP

Natalene Ong*

Quincy Rotary Club

State Street Corporation

The Bank of Canton

The Bay State Federal Savings Charitable Foundation

Kevin Mannix & Kara Thorvaldsen*

Sheldon & Carol Yunes

*DOVE Board Member

This list is of our sponsors to date; new sponsors are updated daily on our website: www.dovema.org



QUINCY HIGH SCHOOL recently celebrated National Constitution Day with 89 readers combining to read the historic document. Shown here are QHS students and staff with U.S. Marine Staff Sgt. Kevin Ashley, U.S. Marine Pvt. Austin Li (QHS Class of 2019); and DAR Boston Tea Party Chapter members Peggy O'Connor and Karen True, and Deborah Sampson Chapter members Sara Stinson, Dianne Sterling and Cathy Hughes.

Photo Courtesy Quincy High School

Quincy High School Celebrates Constitution Day

Quincy High School recently celebrated National Constitution Day with 89 readers combining to read the historic document.

Students, staff, members of the Daughters of American Revolution (Boston Tea Party and Deborah Sampson Chapters), and two ac-

tive U.S. Marines, read the entire Constitution as completed on Sept. 17th, 1787.

With a generous grant from the Daughters of the American Revolution all of the participants and sophomore students received We the People pencils and individual pocket-size copies of

the Constitution. The grant also covered special patriotic lighting and decorations for the auditorium.

Meg McMillen, QHS's U.S. Government and Politics teacher, organized the event and addressed students before the reading and said, "We do this read-

ing for you. To understand how our government works, to understand your rights, to know how to change what you don't like, or to fight injustice or inequality, or against government overreach, it begins with this Constitution."

Wollaston School Harvest Festival Oct. 12

The Wollaston School Harvest Festival will be held Saturday, Oct. 12th from 11 a.m. to 3 p.m. at the school's 205 Beale St. location.

The Harvest Festival is a fun-filled Quincy family tradition featuring food, games, raffles, crafts, a silent auction, and entertainment.

All proceeds from the Harvest Festival will benefit the Wollaston Elementary School. Funding will

be used to enrich academic programs, purchase classroom supplies, software, and library books, and fund field trips and in-school assemblies.

This year, the festival will include kids' activities such as bouncy obstacle courses, a fast pitch, face painting, and dancing. Performances are expected from a variety of neighborhood organizations, including Irish dancing, martial arts demonstra-

tions and more. And the "Wollaston Midway" will be open on Taylor Street, featuring carnival games with prizes.

The silent auction is expected to be the largest ever, where bidders can win sports memorabilia, rounds of golf, and goods and services from local businesses including restaurants, spas, hotels, and retailers. In addition, the event will feature a range of great raffle prizes,

including a 50/50 raffle.

The Harvest Festival is sponsored by the parents and staff of the Wollaston School, in conjunction with many local businesses and community leaders. If you are interested in becoming a Harvest Festival sponsor, or making a donation, please contact the Wollaston School PTO at wollaston-schoolpto@yahoo.com or by calling 617-984-8791.

Houghs Neck Seaside Social Club Star Gazing Oct. 8

The Seaside Social Club invites the public to a star gazing event Tuesday, Oct. 8 at 7 p.m.

Join club members and Houghs Neck Congregational Church Pastor Steve Vandergrift for some star gazing and introduction to constellations including

Cassiopeia, Hercules and Cygnus. Pastor Steve is a former Astronomy teacher.

Meet in the conference room (on second floor) at the Nut Island Headworks (take Sea Street to Sea Avenue and the facility will be on your right at the end of Sea Ave.)

Star gazing is best in the fall and winter when the cooler air is clearer than during warmer weather. Bring telescopes or binoculars if you have them.

There will be a business meeting for club members at 6:30 p.m. in the conference

room. Be sure to bundle up as we will be outside for the program, weather permitting. Refreshments will be served.

Membership is open to all women of the community. Programs are open to the public.

Knights Of Columbus Meat Raffle Friday

The North Quincy Knights of Columbus will host a monthly meat raffle Friday, Oct. 4 at the council hall located at 5 Hollis Ave in North Quincy.

The raffle is being sponsored by Joann Sullivan Cantor, a candidate for councillor-at-large.

The Culinary Arts Program at Quincy High School will provide the food. The food is served at 6:30 p.m. and the raffle starts at 7 p.m.

The raffle is part of the Knights of Columbus annual scholarship drive. All are welcomed.



French Toast

Seasonal Flavors
Pumpkin
Vermont Maple
Nut Crunch

Big Joe Story Time:
October 10 @ 10 AM, Milton
October 14 @ 10am, Hyde Park
October 25 @ 6:15 PM
12 Old Colony Ave, Quincy

12 Old Colony Avenue
Quincy: 617-773-9420
77 Parkway
Quincy: 617-786-8888
24 Central Avenue
Milton: 617-696-2326
680 Truman Parkway
Hyde Park: 617-910-9175

Our newest location
at 102 Franklin Street
in Quincy is opening soon!



Homemade Ice Cream Since 1976

This Month's Special Flavors:

- PUMPKIN •
- GINGERBREAD •
- CARAMEL CASHEW TURTLE •

2295 Dorchester Ave, Dorchester Lower Mills
TheIceCreamSmith.com | 617-296-8567

Social Security Matters

Ask Rusty: Working At 65, So What About Medicare?

By RUSSELL GLOOR

AMAC Certified Social Security Advisor
Association Of Mature American Citizens

Dear Rusty: My husband turns 65 in December of this year, but he is employed and will be on his employer's health insurance at least through this school year (May 2020). How should we inform Medicare of this situation and must we let Medicare know that he is presently insured by BCBS? When must we let Medicare know about these details? I know there is a certain window when no health questions are asked but what is that time frame? If my husband quits teaching in May, when does he let Medicare know he wants to start Part A and B in June 2020? Is there only open enrollment in the 3-month window of his birthday? Signed: Confused by Medicare

Dear Confused: If your husband has creditable health care coverage from his employer, he need not enroll in Medicare when he turns 65. His creditable employer coverage will exempt him from a late enrollment penalty when he enrolls in Medicare Part B (or D) later ("creditable" coverage is a group plan with at least 20 participants). When his employer coverage ends he will enter a Special Enrollment Period (SEP) which will last for 8 months from the date his employer coverage ends. As long as he enrolls in Medicare Part B before his SEP expires, your husband will not incur a late enrollment penalty. To sign up for Part B shortly before his employer coverage ends or during the 8 months after his employer ends, he should complete and submit an Application for Enrollment in Part B (CMS-40B) and a Request for Employment Information (CMS-L564), both of which can be found at this website: <https://www.cms.gov/Medicare/CMS-Forms/CMS-Forms/CMS-Forms-List.html>.

Your husband may want to enroll in Part B prior to his employment coverage ending in order to avoid a lapse in healthcare coverage (it usually takes a couple months for Medicare Part B to become effective). Note that unless your husband is contributing to a Health Savings Account (HSA), he may wish to enroll in Medicare Part A at age 65. Medicare Part A (hospitalization coverage) is free if your husband is also eligible for Social Security, and he will need to be enrolled in Part A in order to enroll in Part B (doctors and outpatient services) and Part D (prescription drug coverage), both of which have a premium associated with them. He will also need to be enrolled in Part A to collect Social Security after age 65.

If your husband is already collecting Social Security when he turns 65, he will be automatically enrolled in both Part A and Part B, but he can, if desired, decline Part B until his employer coverage ends. Please also note that if your husband wishes Part D prescription drug coverage (provided by private insurance carriers) he must enroll in a plan within 63 days of his existing employer drug coverage ending to avoid a Part D late enrollment penalty. After age 65, one cannot go more than 63 days without creditable prescription drug coverage without incurring a late enrollment penalty for enrolling in a Part D plan later.

For your awareness, if your husband does not enroll in Medicare before his SEP expires, he will not be able to enroll again until the General Enrollment Period (GEP) the following year (the GEP runs from January through March of each year, for coverage to start on July 1 of that year). I suggest your husband enrolls in Medicare a couple months before his employment ends (to avoid a lapse in coverage), but in any case he should not miss enrolling during the special enrollment period, because the late enrollment penalties are significant and are recurring (he'll pay the premium penalty for the rest of his life).

Finally, there is no "window" for qualifying medical questions to be asked when enrolling in Medicare; everyone who is eligible by virtue of paying FICA payroll taxes, or via a spouse who did so, is covered regardless of their current health.

This article is intended for information purposes only and does not represent legal or financial guidance. It presents the opinions and interpretations of the AMAC Foundation's staff, trained and accredited by the National Social Security Association (NSSA). NSSA and the AMAC Foundation and its staff are not affiliated with or endorsed by the Social Security Administration or any other governmental entity. To submit a question email: jprimaldi@verizon.net.

OCT 3 2019

School Committee, At-Large Candidates Speak At Forum

By SCOTT JACKSON

The residents running for School Committee and the at-large seats on the City Council made their case to voters during a recent candidates' night organized by the Merrymount Association.

Three School Committee seats up for grabs in the Nov. 5 election. Incumbents Paul Bregoli and Kathryn Hubley are both seeking their third four-year terms. Joining them in the race are first-time candidate Courtney Perdios and Frank Santoro, who previously served for two terms on the committee. James DeAmicis, who is finishing out his first term on the committee, is not seeking re-election.

All three incumbent councillors at-large are seeking re-election next month. They are: Noel DiBona, Nina Liang and Anne Mahoney. DiBona and Liang are seeking their third two-year terms, and Mahoney is running for her second term. They are joined by two political newcomers, Frank Rubino and Joann Sullivan Cantor.

The Merrymount Association hosted a candidates' night for those two races Sept. 23 at Merrymount

Beach. Each candidate was given five minutes to speak and questions from the audience were not allowed.

The candidates for the school board seats spoke first at the forum.

Hubley, who resides at 44 Marion St., was unable to attend the event because of a family commitment. Mark Sauter, the president of the neighborhood group, read a statement on her behalf.

In it, Hubley said being the mother of three children who have attended all levels of the school system in recent years sets her apart.

"Kathy is the only School Committee member on the ballot with recent experience as a parent in every grade level in Quincy Public Schools - pre-school, elementary, middle and high school," Hubley said in her statement. "It is critical to make sure an experienced parent's perspective is represented on the School Committee to understand the concerns first-hand."

Hubley then identified her accomplishments on the school board.

"Kathy successfully fought to restore the early literacy program at the elementary level, the media specialists at all schools,

and paraprofessionals in all kindergarten classrooms," she stated. "Kathy also successfully advocated to expand advanced placement and engineering programs to all middle schools."

Moving forward, she hopes to expand engineering programs and will work to stop vaping.

"Kathy will continue to advocate for bringing more engineering programs to the schools, expanding into more grade levels and increasing courses available at North Quincy High School," Hubley stated. "Students vaping is extremely concerning - Kathy will work together with her colleagues to make sure current policies are updated to include vaping and to ensure families are getting the necessary educational materials."

Santoro, a resident of 14 Lois Ter., said he met his wife, Linda, in 10th grade at North Quincy High School. They have two children who attended Quincy Public Schools and four grandchildren, two of whom have already gone through the school system.

"We are a Quincy Public Schools family," Santoro said.

Santoro taught in Bos-

ton for 10 years and then in Brookline for 17 years before being named principal at Central Middle School and then Quincy High School, retiring in 2013.

"It's been 42 years in public education where I've really enjoyed myself," Santoro said.

After leaving Quincy High, Santoro said he decided he couldn't just retire.

"We were on our way to saying, OK, what do we do with our lives. I said to myself, I just can't leave," he said. "I've been too involved in education."

Santoro said he believes in giving back to future generations.

"I always believed in the philosophy of John Quincy Adams who said, as a payment for the debt of what the proceeding generation has given to you, you should give to the next generation," he said. "That's what I want to do. I want to keep giving to the next generation in my spare time."

Perdios, of 86 Ruggles St., is the co-president of the PTO at the Marshall Elementary School and co-president of the Citywide PTO.

"Through that work, I've learned a lot about our

school system, and I've learned how to use my voice to advocate for our students, parents, teachers and staff," she said.

Perdios said she worked with the administration to get \$180,000 in new Chromebooks for all 11 elementary schools, lead the petition drive to keep fourth graders out of the Southwest Middle School, and helped advocating for the adoption of the Community Preservation Act in Quincy.

"I got into the race because I really enjoy doing all this advocacy work and I would love to be able to work on those issues currently facing our students and our schools," Perdios said.

Perdios has three children, one in middle school and two in elementary school, which she said sets her apart.

"Right now, no one on the committee has younger kids in the system. There are two committee members who have kids in the system at all, and they are in the high school level," she said. "I have day-to-day interaction with the system at the elementary and middle school level."

Bregoli, a resident of 80

Willow Ave., worked in the school system for 34 years as a teacher, guidance counsellor and athletics coach before retiring in 2006. Bregoli, who continued to coach after that, said he is passionate about education.

"My passion for children, my passion for education, continued," he said. "I could have retired and walked out, been down in Florida for six months...but that's not what I chose to do."

While on the committee, Bregoli said he led the push to raise academic standards for student-athletes, who were previously allowed to play if they failed two classes.

"I thought that wasn't good enough," Bregoli said. "I spearheaded the effort to make that one failure and have two progress reports every term for athletes."

Health education was another priority of his.

"We had no health educators at the high school when I came in," Bregoli said. "I pushed for that and now we have health education at both North Quincy and Quincy High School."

Bregoli said he also backed increased efforts to identify non-resident stu-

Cont'd On Page 12

DOVE
Domestic Violence Ended

Is Domestic Violence Grown-Up Bullying?

Bullying and abusive relationships do have a lot of similarities. In both, the abuser or bully may put down, intimidate, humiliate, or physically hurt the target of their abuse. In both situations, the abuse is intentional and is an exertion of power. Bullies and abusers don't always fit a stereotype; anyone can be a bully or abuser. Both bullying and abuse have long been overlooked and excused as normal parts of life. And both can lead to a number of mental health challenges and have long-term negative effects.

In an abusive relationship, however, the abuser often claims to love their partner. The victim/survivor is told that the abuse is part of that love. The abuser begs for forgiveness and understanding, and delicately balances abuse with affection. The abuser may reveal their own vulnerabilities, or ask for their partner's help to "get better". This confusing mix of hurt, blame, and reconciliation can make it difficult to identify the bully, and very challenging to escape the abuse.

If you would like to speak to someone about a relationship that you think might be abusive, please call us at the number below.

Please visit our website to learn more ways that you can get involved: www.dovema.org
24-Hour Hotline: 617.471.1234 or 1.888.314.DOVE (3683)
Community Advocacy & Prevention Services 617.770.4065

**DOES YOUR BIG BANK MAKE YOU FEEL SMALL?
SWITCH TO EBSB, IT'S A NO BRAINER!**

OPEN ANY NEW EBSB PERSONAL CHECKING ACCOUNT & EARN UP TO

\$100*

Mobile Banking, People Pay and Check Deposit

Online Banking, Bill Pay and e-Statements

Access to Allpoint® network with your EBSB ATM/VISA® check card

Instant issue EBSB ATM/VISA® check card

PLUS, GET YOUR CHOICE OF A FREE GIFT WHEN YOU OPEN ANY NEW CHECKING ACCOUNT!**

East Boston Savings Bank
800.657.3272 EBSB.com

*Subject to availability. Available for accounts opened between September 20, 2019 and December 10, 2019. At time of participation, Minimum deposit to open any new checking account is \$50. Because EBSB can't offer this gift until after opening account, minimum deposit within 30 days of account opening is \$50. To receive the promotion, the account must remain open in the same product type at the time of bonus offer. If in addition, the account must have a positive balance at the time of bonus offer. Earnings on interest bearing accounts will not apply to this promotion. If multiple accounts are opened with the same individual, only one account will be eligible for the promotion. Bonus payments will be credited to your account within 90 days of account opening if the above conditions are met. Premium gift items on the account may not be eligible for bonus offer. Only \$100 in bonus offers will be awarded when account is opened. EBSB reserves the right to limit the number of gifts available. Not all gift items are available. See bank's website for details.

October is Domestic Violence Awareness Month
...because Love Shouldn't Hurt

School Committee, At-Large Candidates Speak At Forum

Cont'd From Page 11

dents.

"We've been able to weed out some of the people who don't belong in our school system who cost us \$15,000 a piece," he said.

The five candidates for councillor at-large went next.

DiBona, of 70 Chickatabot Rd., who served on the school board for two years, said education was his top priority.

"Education is number one for me. It is the most important thing for the city," he said. "I consider myself a hybrid – a councillor at-large as well as a school person."

DiBona identified public safety as the next most important priority, saying he wants to make sure the police and fire departments have the proper funding. Infrastructure improvements were the third priority he identified, and said it was important to leverage state funding.

DiBona said he supports development in Quincy Center, but not in the city's neighborhoods.

"We want to preserve these neighborhoods," he said. "There needs to be construction and there needs to be revitalization in the downtown...there are other areas of the city where we're fighting against it."

DiBona said he would speak on residents' behalf, even if they don't always agree with him.

"I will speak on behalf of all of you. We might not agree on everything... I don't agree with my wife all the time either, but if you can agree with me more than you disagree with me, then I think we're in the right ballpark."

"I'm very accessible... I'm always going to be available."

Liang, who resides at 2 Williams St., said community affordability is a major challenge the city faces.

"Families who have set roots here are in danger of losing their homes by being priced out, and for many young professionals looking for a place to call home, Quincy is far out of their budget," she said.

"I will continue to work hard to create some relief for homeowners by...hopefully passing a residential property tax exemption."

Development in the city has been done piecemeal, Liang added, and a comprehensive zoning review is needed.

"I am committed to continuing to work with my colleagues to do a comprehensive review of our zoning laws, with feedback from both business owners and residents, so we can have a cohesive vision that protects all of our neighborhoods, encourages investment in the right places, and makes sure we have quality economic development," Liang said.

The top priority for city government should be representing all residents, she said.

"Our government must not only reflect our community, but have an appreciation for the past, a focus on the present and an eye towards the future," Liang said. "We also need to ensure that our government doesn't forget its top priority, which is representing all of you."

Rubino, of 5 Whiton Ave., said he holds an MBA degree and has spent 10 years working as a budget and financial analyst.

"If elected, I would be very eager to dig into the city's finances and see what's going on there," he said.

Rubino said he has been active in the community since moving to Quincy six years ago. He said he's been a volunteer tax preparer for Quincy Community Action Programs, treasurer of Quincy Pride, and has been

involved with South Shore Elder Services and Quincy Climate Action Network.

"I enjoy being active and involved here in the city," he said.

Development, Rubino said, is one the top concerns he has heard from residents.

"The best way to curb the excessive real estate development is to tighten up the zoning laws," he said. "If the law says you can't build over there and you can't put that many units into that small of a place, then it's not going to happen."

Traffic was another priority Rubino identified. He said the city should create dedicated pick-up and drop-off zones for ride-share companies like Uber and Lyft and address intersections state officials have designated as high-crash areas, such as Quincy Avenue and Faxon Park Road.

Mahoney, of 12 Fer-

ster St., who served on the School Committee for 12 years, said she is not afraid to say no.

"I'm not afraid to vote against things that come before us," she said. "The funny thing about Quincy and our politics is that we ask tough questions, but often times the vote goes in favor of the projects. They'll say because it's strong-mayor, weak-council, but we're only weak on our council by the questions we ask and the vote that we take."

Mahoney said she supports the effort to rezone the city, and said she is working to form a citywide neighborhood association to represent residents' interests.

"Many neighborhoods do not have an association like yours. Many are being taken advantage [of] by developers all over the city," Mahoney said. "That is why I am working with some of

the bigger organizations in the city of Quincy to create a citywide neighborhood association."

Mahoney said it important to have the right representatives in government.

"The most important thing that you all have the power to do is vote. When you do vote, make sure you vote for people that are going to represent you and your tax dollars, but not just represent you at cookouts and parades," Mahoney said.

Sullivan Cantor, who resides at 316 Fenn St., said she came to Quincy because her hometown in New York had "run amuck."

"When my husband passed, I couldn't go back to New York because my hometown, which was rolling hills like Quincy and Milton, and this whole place is now run amuck," Sullivan Cantor said. "It is Hasidic."

They are good, religious people, but for some reason they got greedy somewhere."

"They changed the zoning laws, so instead of a house, a greenspace on a lot, it is line to line cement," she added.

Sullivan Cantor said she wants to "clean up the muck" in Quincy.

"I'm here to help clean up the muck. I don't know why, there is a lot of muck," she said. "We're mothers – we take care of our children and everyone else's children no matter what age. I'm here for Americans and veterans first. Good immigrants – helpful, caring, for the new world promised land, to work hard and do well for their families."

"There are so many great people, so we stand together, it's an easy fix to clean up the muck."

School Improvement Projects Ongoing

By TOM GORMAN

When students returned to class this fall, some of the city's schools had a refreshed look. New boilers, windows, doors, and roofs are among the many school improvement projects that have been completed or are underway.

The city's Public Buildings Commissioner Paul Hines updated the school committee recently on various projects his department is overseeing or conducting.

He said that from September 2018 through the end of April there were just under 2,000 daily work orders submitted.

"We have almost all of them done," he said. "It's an amazing statistic. The department continues to amaze me of the accomplishments they do."

Hines said that some of the larger capital projects include replacing three of the five boilers that failed at North Quincy High School. He explained that the newly installed roof there has development a

out and the cost of replacement is \$500,000.

Also at North Quincy High, two rooftop chillers that augment the air conditioning system will be replaced this summer at a cost of nearly \$190,000. Hines explained that once the chillers are replaced, the air conditioning system will properly function.

"For the first time in many years, the air conditioning system in that building will work," he said.

"Many of the rooms on all four floors have no external windows and have no ventilation when the ventilators are not working. It will be a very welcomed improvement for the educational environment in that building."

Hines said roof repair projects partially funded by the Massachusetts School Building Authority (MSBA) have been completed except at North Quincy High School. He explained that the newly installed roof

problem where moisture is seeping under the rubber membrane. He said it was due to a contractor error and that it will be rectified.

At Broad Meadows Middle School, the boilers are to be placed above flood level and all utilities and piping will be taken out of basement crawl spaces and relocated above the ceiling. The boiler room and utilities are located below sea level.

This is in response to the damage that occurred last year when a nor'easter whipped up a tidal surge flooding the boiler room and crawl spaces destroying or damaging electrical equipment and the heating system.

The Clifford Marshall School heating controls are to be updated. This, Hines said, will alleviate the ceiling tile condensation issue.

Heating controls at Point Webster Middle School are also going to be upgraded. The upgrades will provide better control of classroom

temperatures.

"If people are hot, they can control it, and if people are cold, they can control it," he said.

Also at Point Webster, Hines said the cooling tower and a leaky boiler are to be repaired and new classrooms were created there last fall for a special education program.

Energy efficient window and door replacements – part of an MSBA project – are continuing throughout the district. Beechwood Knoll School recently had this project completed.

Another project at Beechwood is replacing the air conditioning louvers in the wing that was built in the 1990s.

Mayor Thomas Koch said the city has a five-year rolling capital plan "to keep the improvements going" and having "a good and safe learning environment."

"When the buildings are in better shape, there is a better pride," he said.

**Devlin Peterson
Enrolled At
Canisius College**

Devlin Peterson of Quincy is among more than 660 new students attending Canisius College in Buffalo, N.Y. for the 2019-20 academic year.

Beechwood Knoll Fall Festival Oct. 19

All are welcome. Rain date is Saturday, Oct. 26.

The BKS Fall Festival is the school's cornerstone fundraiser to raise funds to pay for books for our classrooms and library, computer equipment, educational ma-

terials, field trips and other classroom necessities.

There will be Busy Bee, food, arts and crafts, games, nails, tattoos and face painting, silent auctions, raffles, pony rides and Touch-a-Truck.

WOLLASTON DENTAL GROUP

The fine art of a beautiful smile

A Family Practice offering comprehensive dental care including preventive, emergency, aesthetic and dental implant services.

Welcoming new patients

Complimentary dental/implant & second opinion consultations

James McDonough, DDS
628 Hancock Street
Quincy, MA 02170
Phone: 617.479.8375
Fax: 617.479.8390
frontdesk@wollastondentalgroup.com
www.wollastondentalgroup.com



Located just two short blocks from the Wollaston T Station

Learn to Meditate and Relieve Stress
with Eileen Shaw

Wednesday nights October 16th - December 11th 7:15pm - 8:45pm
No Class November 27th

Healing Tree Yoga Studio - 605 Hancock St, Quincy, MA

8 Weeks - \$175

*Do you want to learn to meditate but don't know where to begin?
Develop the Fundamental Skills for Meditation*

Explore Different Meditation Techniques

Learn the Brain Science Behind Meditation

*For More Information Call 617-842-3337
or Email eileenshaw@mac.com*

**Joyce & Gendreau
Jewelers**

Custom Designs • On-Premise Repairs

Quality Jewelry • Great Values

Over 100 Years of Honesty and Reliability

Friendly, Family Business

52 Billings Road No. Quincy

Facebook/JoyceandGendreau 617.328.0084

OCTOBER 3, 2019

No ZBA Vote On Newcomb Street Plans

Cont'd From Page 3

Quincy High School," Stansbury said. "This structure will tower over the existing houses in the neighborhood. Residents on the upper floors will have an unobstructed view into the adjacent houses. There will be shadows cast over the existing neighborhood houses."

Councillor Anne Mahoney said she was concerned about the building's impact on flooding in the surrounding neighborhood as well as traffic.

"We cannot keep saying the development has zero impact on traffic. It's embarrassing. You can't move

in the city," Mahoney said, adding that it takes less time to drive to Rhode Island than drive across the city.

Ted Mulrane, a Monroe Road resident, said the developer should work with residents to improve the project.

"Developers need to work with neighbors to get the best development possible. I don't think that's the case here," said Mulrane, who is the president of the Hospital Hill Neighborhoods Association.

After hearing from residents, Martin Aikens, the board's chairman, said he would need more time be-

fore voting on the proposal. Aikens said he wanted more time to consider the height of the proposed building in light of residents' comments.

"There are still single- and two-family homes up there, and the shadow bothers me. That drives me absolutely crazy," Aikens said. "I want to really look at this a little closer."

Fleming, Niosi's attorney, said the applicant had submitted a shadow study as part of the plan. Aikens, however, said he wanted to further look into the matter.

Michael Covais, the board's vice chairman, said

he did not believe waiting two weeks would change his vote.

"I don't know if two weeks would change much; I'm not saying I'm not going to give it to you," Covais said.

"This is a property that is on the edge of the downtown district...It may have one time been a nice neighborhood, but if I go down

there, I see the YMCA, I see Quincy High School, I see the medical buildings across the street from there. On the other side I see car dealerships."

Board member Russell Chin said he was concerned about venting exhaust fumes from the two parking levels to the sides of the building,

and about the building's potential impact on flooding in the area.

"Environmental issues are what I'm concerned about," Chin said.

Members then unanimously approved the request to continue the matter to Oct. 8, the ZBA's next meeting.

Health Seminars At Council On Aging

Hamel-Lydon Chapel offers monthly health seminars at the Kennedy Center, 440 East Squantum St. in North Quincy on the third Wednesday of every month.

Stephen Tobias, president of Tobias Hearing Center, will present on "Hearing Health Matters" Wednesday, Oct. 16, from 1:30 to 2 p.m.

All are welcome to at-

tend this seminar to learn about hearing aids, modern hearing technology and other hearing matters. RSVP to the Quincy Council on Aging at (617) 376-1506.

Friends Of Blue Hills Celebration Thursday

The Friends of the Blue Hills will host its 40th Anniversary Annual Celebration on Thursday, Oct. 3, from 7-9 p.m. at the Canton Town Club, 300 Bailey St., in Canton.

The evening will include hors d'oeuvres, silent auction, and the presentation of the organization's 40th Anniversary Legacy Partner Awards and the 2019 Community Partner Award.

One person with local ties will be honored at this year's event: Steve Cobble

of Quincy and president of the New England Mountain Biking Association will be recognized for his great efforts to protect and preserve the Blue Hills Reservation.

Tickets are \$35 if purchased by Sept. 30 and \$40 at the door and are available at FriendsoftheBlueHills.org/Celebrate2019.

The keynote speaker at the Annual Celebration will be New York Times Best-Selling author Tom Ryan, who will share stories of

his life-changing hikes with

Atticus M. Finch, Emily B. Hawthorne, and Samwise A. Passaconaway.

There will also be a special raffle as part of the festivities: a gourmet dinner for six at the top of the Blue Hill Observatory, catered by Blue Hills Grille in Canton. Tickets for the raffle are \$15 each or 3/\$35 and can be purchased at FriendsoftheBlueHills.org/Raffle2019.

For more information, email info@FriendsoftheBlueHills.org.

BellaDerma Aesthetics-LLC

Every Age Skin Care

HydraFacial MD® Ideal For ALL Skin Types
Cleanse, Peel, Extract, Hydrate, Fuse & Protect

Signature Treatment \$150 • With a Dermplaning Treatment \$199

Advanced Customized HydraFacial MD® Treatments (value \$250) \$175
Begins With Facial Lymphatic Detox and Includes a Signature HydraFacial MD® Treatment,
HydraFacial MD® Boost and LED Red & Blue Light Therapy based on your skin needs.

Connective Tissue Growth Factors CTGF™ • Radiance Briteon™ • Refinement DermaBuilder™

Facial Rejuvenation - Save \$25+

IPL Photofacial Treats Brown Spots, Rosacea & Diffuses Redness
Full Face Or Chest (reg. \$150) \$99 • Face & Neck \$150 • Face, Neck & Chest \$199
Sublime ELOS Skin Tightening & Contouring Lower Face & Neck

Stimulates Collagen Production, Fine Wrinkles Are Reduced, Facial Contours Improved

\$250 Single Treatment • Series Of 3 Treatments Over A 6 Week Period \$600

Sublative ELOS Skin Rejuvenation Wrinkles & Acne Scarring \$200+

Dermplaning Treatments

Advanced Manual Exfoliation • Removes Unwanted Peach Fuzz
Dermplaning Treatment & SkinCeuticals® Biocellulose Restorative Masque \$100
SkinCeuticals® Pigment Balancing Peel & Dermplaning Treatment \$150

Microcurrent Technology

Improve Muscle Tone In The Face and Neck • Lift Jowls and Eyebrows

Microcurrent Facial Treatment \$150 • With a Microdermabrasion \$175

Botox • Dermal Fillers • Vitamin Injections

Bank Your Botox • Use It As You Need It

100 Units \$1,000 & Complimentary HydraFacial MD® Treatment

Receive ONE COMPLIMENTARY Signature Treatment \$150 Value With 100 Unit Purchase

Botox • 50 Units \$550 • \$12 Per Unit

Voluma® XC • Juvederm® Ultra • Voluma • Volbella • Kybella

Vitamin B12 or Vitamin D Injections \$25

Laser Hair Removal

"Best Of Braintree" 2009-2019

Small Area \$300 / Medium \$600 / Large \$950 / Men's Back \$1200

Series of 6 Treatments

Eyelash Tint \$25 • Eyebrow Tint \$20

Teeth Whitening \$100

**How old you are is your business...
How old you look is ours!**

10 Forbes Rd. Suite 270 East Entrance
www.belladermaskinclinic.com

Braintree | 781-535-6886

valid until 10/31/19

Climate Action Network To Host Candidate Night Oct. 17

Quincy Climate Action Network will host a candidate night Thursday, Oct. 17 at 7 p.m. in the church hall at United First Parish Church of Quincy, 1306 Hancock St., across from the James R. McIntyre Government Center (old City Hall).

QCAN has invited all candidates in contested city council races as well as both mayoral candidates; at press time most candidates had already accepted.

Questions to the candidates will involve city policy on energy and climate, said David Reich, board chairperson of QCAN.

Candidates will see some but not all of the questions in advance, Reich said, and

depending on their answers, will get follow-up questions to further probe their ideas and knowledge.

"Quincy city government has gotten much more energy efficient since QCAN was founded, seven years ago," said Reich, "and the city has been increasing its use of clean, sustainable energy. QCAN also applauds the ongoing effort to increase the amount of clean energy provided to the city's ratepayers through green electricity aggregation.

"Nevertheless, we have a long, long way to go before we've done what we can to check climate change. The devastating floods that hit Quincy a year and a half ago

as well as this year's deadly hurricanes, which have caused floods in coastal areas and leveled two islands in the Bahamas, show that every coastal community faces dire threats to life and property. With stakes this high, we need to keep increasing the efficiency of our dwellings, our workplaces, and our government facilities and moving farther along the path toward ending our dependence on fossil fuels.

"As a coastal city, Quincy has more at stake than most. More and more Quincy voters want to know their candidates' positions on energy and climate, and the candidate night offers a great chance to do just that."



Atlantic Coast Engineering & Surveying LLC

"Proudly serving the south shore with engineering, surveying, permitting and construction consulting services."

- Shoreline Permitting for Proposed Revetments, Piers & Retaining Walls.
- Raise and rebuild house permits and designs.
- Land Development
- Plot Plans, Surveys & Elevation Certificates.
- Conservation Commission, Planning, Zoning and Building Dept matters.
- Site Plans for additions and new construction.
- Title 5 Inspections and Designs.
- Owner Construction Manager Services

CONTACT US FOR YOUR NEXT PROJECT:

Email: info@atlanticcoastengineeringllc.com

<http://atlanticcoastengineeringllc.com>

Quincy(Marina Bay Office)

500 Victory Rd., Suite 400

Quincy, MA. 02171

Office: (617) 404-2001



Real Estate

Quincy Real Estate Transactions September 23 - September 27

Transactions are compiled by the Norfolk County Registry of Deeds

SELLER

John S. Leonard Irrevocable Trust
Keith Pfeifer
Bingqing Li
Raymond C. Whitehouse
Cecilia P. Hallahan & John F. Mullen
Susan & Joseph Champagne
Peter F. Holmes
Margaret A. Carroll
Bin Lin & Shu Y. Chen
William R. Cain
Helen J. Breen
Jun C. Zhang & Xue Q. Chen
Zhenge Weng
Debra Mahan
Janet K. Backman
Alexander A. Cary
Melinda J. Lerma
Ilyas U. Khan
Grazia E. Napolitano
Eastern Nazarene College
Jan & Ewa G. Szelest
Xuefel Jin & Lisha Bian
Hang Chen & Hui Q. Zou
Lynne Corbet, Lois Viglas,
Laurie & Leslie Mitchell & Lorraine Pelletier
Wen T. Wang & Tsui L. Teng
Eamonn J. & Kristen E. Bishop

BUYER

Tao & Ming J. Zheng
Jieshen Zhang
Tao Xie & Yameng Wu
Patrick J. & Julie A. Foley
Hugh J. & Sandra L. Freeman
Zhuo X. & Zhuosi Chen
Nicholas D. Sackman
John L. & Martha S. Morgan
Dianrong Zhu & Xiaobin Ye
Steven A. & Adela Wojtasinski
Thinh Pham & Ven Ho
Fang & Yiyou Lin
Katie C. & Richard D. Yazbeck
Asit & Hina Ganatra
Adrian M. & Kara A. McLaughlin
Nga T. Tang
Patrick G. Allen & Jessica M. Dever
Weichang Guan
Abbe Bonnevie
Guohao Liang & Youhao Xu
Long H. Liu & Xinhua Weng
Patrick J. Lovett & Joyce W. Koser
Qiang Feng & Pin Yao
Kyle E. White & Paige Redmond
Andrea Protti
Exchange Nominee Trust X

AMOUNT

\$626,800.00
\$400,000.00
\$560,000.00
\$385,000.00
\$432,000.00
\$520,000.00
\$525,000.00
\$160,000.00
\$759,000.00
\$300,000.00
\$340,000.00
\$625,000.00
\$825,000.00
\$600,000.00
\$445,000.00
\$340,000.00
\$519,900.00
\$305,000.00
\$427,000.00
\$460,000.00
\$460,000.00
\$327,000.00
\$450,000.00
\$405,000.00
\$475,000.00
\$214,000.00

ADDRESS

55 Feno Street
328 South Street
104-110 & 106 Washington Street
7 Peterson Road
41 Homer Road
78 Alstead Street
95 Davis Street
205 Independence Avenue Unit 216
107-109 Norfolk Street
862 East Squantum Street
23 Quincy Street
15 Bass Street
28 Arthur Street
47 Calvin Road
14 Greenview Street
94 Newbury Avenue Unit 305
46 South Central Avenue
230 Willard Street Unit 503
677 Quincy Shore Drive Unit 402
126 Willow Street
158 Harvard Street
21 Linden Street Unit 131
66 Harriet Avenue

39 Bowes Avenue
74 Arthur Street Unit 1
40-42 Smith Street

O
C
T

3

2
0
1
9

Register O'Donnell Discusses How To Record A Land Document

Norfolk County Register of Deeds William O'Donnell reminds residents that the Registry pro-

cess to record land documents is designed to make it easy and as convenient as possible.

"Whether the document being recorded is a deed, mortgage, homestead, mortgage discharge or any other type of land document, we are here to make the experience a positive and productive one for the customer,"

O'Donnell said.

can be consulted for specific recording fee amount. The Registry accepts checks made out to the Norfolk County Registry of Deed as well as cash payment.

"Once you have a land document ready for recording and know the fee and type of payment," O'Donnell said "you can then choose how to actually get the document delivered to the Registry of Deeds, located at 649 High St., Dedham, MA 02026. These options include submittal via regular mail, Federal Express or UPS. In addition, residents and institutional users can have their land documents recorded in person at the Registry of Deeds. Our recording hours are from 9 a.m. to 4 p.m. Monday through Friday."

O'Donnell concluded by stating, "Our trained recording staff is glad to take your land documents for recording, as well as answer any basic questions you may have on the subject. The document is recorded on the same day it arrives here at the Registry. It should also be noted that institutional users such as lending institutions and law firms have the additional option to submit documents electronically via our two e-file vendors, Simplifile and ePN."

Another important point to note is that there are various fees set by the Commonwealth of Massachusetts associated with the recording of land documents at the Registry. Recording fees vary depending on the specific land document type. The Registry's website, www.norfolkdeeds.org has a fee schedule that

Ask Barbara Graceffa: 'Secretary Of The Interior'

A New Kitchen: What Should I Expect To Pay?

How long should kitchen components last? How long should I expect a complete replacement to take and what should I expect to pay? Tammy

As you may recall, this answer is a continuation from a recent column. Based on data from the National Association of Homebuilders, I continue this week with the life expectancy of flooring as well as answer the final two questions.

Of course, tastes and trends change and excessive wear and tear, new technology (who ever dreamed of a "smart" faucet a few years ago?), etc. can always change how long you keep your kitchen components.

Finally, according to Angie's List, the average cost of a new kitchen is \$22,000.

FLOORING LIFE EXPECTANCY

Bamboo	lifetime
Brick pavers	100 years
Concrete	50 years
Laminate	15-25 years
Linoleum	25 years
Tile	75-100 years
Vinyl	50 years
Wood	100 years
Wood, engineered	50 years

KITCHEN PREP

PLANNING TIMES

Design process	1-4 weeks
Order and delivery	1-2 months
Demolition and structural changes	2-3 days to 2-3 months
Rough in utilities	2-5 days over 5 weeks

JOB

REMODEL TIMES

Painting	2-3 days
Install flooring	1-2 days
Install cabinets	2-4 days
Measure countertops	1 day
Install countertops	1-2 days
Install backsplash	1-2 days
Install appliances	1-2 days
Finish carpentry	2-4 days

Do you have a decorating problem needing a professional solution? Send your questions to Secretary of the Interior at barbara@sec-interior.com.

Barbara Graceffa owns and operates Secretary of the Interior, an interior decorating company in Quincy, offering creative solutions at reasonable rates. For more information on her services, view her portfolio, and read testimonials about her work, visit www.sec-interior.com. Or you can reach her at 617-921-6033.

FLAVIN & FLAVIN REALTY

Complete Real Estate Service Since 1925

Free Opinion of Value

Committed to Property Ownership

Offering Seller & Buyer Representation

a century of connecting people with homes

Flavin & Flavin

1085 Hancock St. Quincy Center

Visit: www.flavinandflavin.com

617-479-1000



49 Beale St., Quincy, MA 02170

617-472-4330

www.c21annex.com

Over 70 Seller and Buyer Agents specializing in Residential, Commercial Real Estate, Bank Owned Properties, Short Sales and Rentals

ANNEX REAL ESTATE SCHOOL

Offering Salesperson's, Broker's and Continuing Ed. classes

"STILL NUMBER ONE"

Finally, if you have any questions about land documents in general, please call our Customer Service Center at 781-461-6101.

Thursday, October 3, 2019 The Quincy Sun Page 15

Household Hazardous Waste Drop-Off Oct. 12

The Department of Public Works will host the fall Household Hazardous Waste Drop-off Day on Saturday, Oct. 12 in the rear of the DPW at 55 Sea St. The drop-off event will begin at 8 a.m. and end at noon.

The drop-off had been scheduled for Oct. 5 but was postponed one week to Oct. 12.

The City of Quincy pro-

vides this free service to provide residents with the proper disposal of hazardous waste and to protect the environment. The next hazardous waste drop-off event will be around June of 2020.

Some of the eligible items for disposal are oil based paints, thinners, strippers, oils and varnishes, all household cleaners includ-

ing drain and plumbing

cleaners, automotive fluids including oil and gasoline, chemical fertilizers and insecticides, polishes, ni-cad and lithium batteries, roofing tar, and driveway sealants. For a complete list of materials, both acceptable and unacceptable, visit the Waste and Recycling web page at quincyma.gov.

The DPW accepts mercury containing items such

as thermostats, thermometers, fluorescent light and swirlies bulbs year round, weather permitting, at the DPW guard shack, Monday through Friday 7:30 a.m. to 3 p.m. and on Saturdays through Dec. 7, from 7:30 a.m. to 2:30 p.m.

When gathering products for the Oct. 5th drop-off event, leave materials in original containers and

tighten all caps and lids. Sort and pack items separately in sturdy upright boxes. NEVER MIX CHEMICALS. Pack your car the morning of the event and drive directly to the DPW. Do not smoke while handling hazardous material and do not bring children in the car with you.

Items not accepted at the hazardous materials

drop-off day are tires, ammunition, fireworks and explosives, commercial/industrial/biological waste, prescription medicine, radioactive waste and smoke detectors. For the proper disposal of these materials visit the City's website at quincyma.gov and scroll down to "How can I get rid of..."

Paper Shredding At Waste Drop-Off Oct. 12

The City of Quincy Department of Public Works, in partnership with Bay State Shredding Services of Quincy, will provide free paper shredding for Quincy residents at the Household Hazardous Waste Drop-Off Day Saturday, Oct. 12.

Binders, folders, paper clips and staples are acceptable. While there is no charge for this service, participants will be required to provide a MA Driver's License as proof of residency.

Shredded paper is no longer recyclable. In a meeting

with recycling facilities across the state, the Massachusetts Department of Environmental Protection assembled a universal list of recyclable and non-recyclable material accepted across Massachusetts. Another big change this year is that the entire pizza box is now recyclable. No need to rip off and trash the bottom of the box with its grease and oil. Just remove the sheet of paper under the pizza along with any food or crumbs.

The expanded drop-off event will begin at 8 a.m.

and end promptly at noon. Residents for the shredding service only can jump the line by entering the DPW parking lot between the U.S. Naval Reserve Building and the DPW.

Bay State Shredding is a locally-owned independent business ensuring that your documents are destroyed securely, and affordably. Residents with household hazardous waste should arrive early as the line often wraps around Sea Street onto Southern Artery.

Blue Hill Cemetery Field Trip Oct. 15

Hamel-Lydon Chapel will host a field trip to look at plots at Blue Hill Cemetery and Central Cemetery on Tuesday, Oct. 15.

Pick up at 9:30 a.m. from Wollaston Senior Center, 550 Hancock St., Quincy, and return at 1 p.m.

Due to limited transportation space, registrants should be for those who

have not pre-purchased a cemetery plot. Lunch will be provided after the field trip.

Carla Haraska On Dean's List

Carla Haraska of Quincy has been named to the Dean's List for the summer semester at Bellarmine Uni-

versity in Louisville, KY.

Haraska is a Post-Bacalaureate Nursing, Accel major.

Vaping Risks Included In Middle School Curriculum

Cont'd From Page 4

the middle school health classes the past two years. She added that teachers and health interventionists also have discussions on the issue at the high school level.

"It's definitely part of the curriculum," she said. "We want to keep the conversation going a little bit more involving the academic teachers."

Papile also said that peer to peer and trusted adults initiatives are utilized as part of the broader discussion and intervention.

"We use different ways to intervene," she said.

Gutro also asked if there is a correlation, trends, and statistics between anxiety and vaping.

Rita Bailey, the district's health services coordinator said there are no numbers on that at this time.

"Vaping is something new as far as reporting," she said.

The Quincy Police DARE officers are also discussing the vaping issue as part of their middle school drug awareness program.

This fall the district installed detectors in locker rooms and restrooms in the two high schools that would alert administrators if students are smoking or vaping. The detectors were funded by a grant from Norfolk District Attorney Michael Morrissey's office.

Additionally, a \$15,000 grant from the district's business partner, Beth Israel Deaconess Hospital-Milton is funding a three-year vaping prevention program for grades 9 and 10.

Parents are also being included in the district's vaping prevention initiative. There are vaping programs scheduled for Oct. 8 at 6:30 p.m. at North Quincy High School and on Oct. 22 at Quincy High School during both schools' respective PTO meetings.

These programs will focus on health risks related to vaping, the impact of marketing on youth, and how parents can talk to their children about vaping and making healthy decisions. Additionally, there will be resources available for parents about teen vaping.

What does it take to be a good landlord?



COME FIND OUT AT QCAP'S "LANDLORD RESPONSIBILITIES AND BASIC HOUSING LAW WORKSHOP"

WHETHER YOU'RE A NEW PROPERTY OWNER OR ONE WHO SIMPLY WANTS TO LEARN MORE ABOUT BEING A RESPONSIBLE LANDLORD, THIS WORKSHOP IS FOR YOU.

FROM BASIC HOUSING LAW TO TENANT SELECTION, EVICTION PROCESS, LEAD COMPLIANCE, AND MORE, YOU WILL LEARN EXACTLY HOW TO BE THE BEST LANDLORD POSSIBLE.

THURSDAY, OCTOBER 24, 2019

6 p.m. to 9 p.m.

Quincy Community Action Programs
1509 Hancock Street, 4th Floor
Quincy, MA 02169

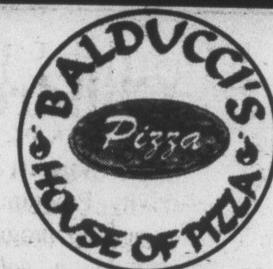
FOR MORE INFORMATION OR TO REGISTER:
CONTACT MIKE MATTES AT
MMATTES@QCAP.ORG OR 617-957-8306

PRE-REGISTRATION IS REQUIRED TO ATTEND



www.qcap.org
www.facebook.com/quincycap/
www.twitter.com/qcapma

Voted Best of the Best
14 Times!



35 Billings Road., N. Quincy
617-328-0448 • 617-328-9842
www.balduccishouseofpizza.com

DOUBLE DEAL

2 Lg. Cheese Pizzas

\$14.95 +tax

(toppings extra • Expires 10/31/19)

or

\$3.00 OFF

Order of \$20.00 or more

(Expires 10/31/19)

(coupons cannot be combined)

WE DELIVER (limited area)

22 Locations

Eastern
insurance

Auto • Home • Business
Life & Employee Benefits
Workers Compensation • Umbrella
Marine • Bonds • Professional Liability



Donald Uvanitte
Sr. Vice President
CIC, ARM, AAI, AU, AIS, CRIS, LIA

(617) 877-7663

(508) 270-5317

duvanitte@easterninsurance.com

382 Quincy Avenue

Quincy, MA 02169

Eastern Insurance Group LLC is a wholly owned subsidiary of Eastern Bank.
Insurance products: not insured by the FDIC or any federal government agency.
Not deposits of our bank.
©2016 Eastern Bank. All rights reserved.

Upcoming Events, Activities At The COA Kennedy Center

By MARIE FERENT

Assistant Director

Quincy Council On Aging

The Quincy Council on Aging announces the following upcoming events and activities at the Kennedy Center, 440 East Squantum St. in Quincy.

New at the Kennedy Center

Laughter Yoga with Debbie Lyn Toomey

Wednesdays at 10 a.m. beginning Oct. 2nd

Laughter Yoga is an exercise routine developed by Dr. Madan Kataria. The program is based on the idea that the body cannot differentiate between real and fake laughter. Laughter Yoga combines laughter exercises with deep diaphragmatic breathing to provide the most uniquely fun and powerful body-mind exercise around. This program can be done by anyone! Laughter Yoga is great exercise and is an immune booster, pain buster and more! No prior yoga experience necessary to attend! Leave feeling relaxed and energized! Cost is \$3 per class payable at time of class.

How To Choose or Not Choose a Nursing Home

Wednesday, Oct. 2nd at 1 P.M.

Please join Emily Felix, Nursing home specialist from 2 Sisters Senior Living Advisors and learn from a licensed nursing home administrator what the five most common mistakes are that people make when choosing a nursing home. You will walk away from this presentation with insider tips and empowerment to make wise decisions when choosing a nursing home for rehab or long term care. Light refreshments will be served. Space is limited. Please call 617-376-1506 to reserve your space.

Quincy's Memory Café Hosted by Standish Village at the Kennedy Center

Monday, Oct. 7th at 1:30 P.M.

Brought to you by Julie Platz, Director of Communications for Standish Village Assisted Living & Compass Memory Support, Quincy's Memory Café welcomes those living with memory loss or dementia and their care partners, family and friends. Our Memory Café provides a safe and supportive gathering place for friends with varying levels of memory loss to relax and enjoy conversation with their care partners and family over pastries and coffee. There will be varied monthly offerings for an engaging and participatory experience. While Memory Café is open to anyone in the community, any guest who requires a personal care attendant must have a caregiver present. Please call 617-376-1243 to register for the café or with any questions.

Chronic Pain Self Management

6 week workshop

Tuesday, Oct. 8th - Tuesday, Nov. 12

10:30 A.M. to 12:30 P.M.

Chronic pain and discomfort may limit activities you enjoy. Join the Chronic Pain workshop and start to live again! Learn to control your pain, manage frustration, fatigue, isolation and poor sleep. Learn ways eat well, start an exercise program, manage depression, and increase your energy

Halloween, Birthday Celebration At COA

Hamel-Lydon Chapel and Cremation Service of Massachusetts will celebrate birthdays and life at the Kennedy Center, 440 East Squantum St., Quincy on Monday, Oct. 28 at 1:30 p.m.

All are welcome to join Rose Cristiani Pope, birthday coordinator for cake

and ice cream on the fourth Monday of every month. There will also be Halloween festivities and participants are encouraged to wear costumes for a fun time.

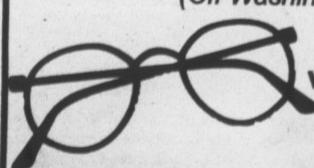
There is no cost to attend and all are welcome. Call Quincy Council on Aging at 617-376-1506 to reserve your spot.

KING OPTICAL
BRIGHT SUNSHINE AND GLARE A PROBLEM?
TRY PRESCRIPTION POLARIZED SUNGLASSES

(781) 843-2133

20 School Street West • Braintree
(Off Washington Street)

www.kingoptical.net



level. Space is limited and registration is required, please call 617-376-1506.

Cross Train Your Brain

Wednesday, Oct. 9th at 10 A.M.

Learn strategies for keeping your brain fit for life in this fun and informative presentation by Joan Reid of Brookdale Quincy Bay. You will learn both useful information and games to exercise your brain. Space is limited. Please call 617-376-1506 to register.

The Difference Between Palliative Care & Hospice

Wednesday, Oct. 9 at 10:30 A.M.

Old Colony Hospice is proud to partner with Quincy Council on Aging to provide you with a presentation on The Difference Between Palliative Care and Hospice with Cindy Kineavy, LSWA and Morgan Hedly. Space is limited, please call 617-376-1506.

Frank Sinatra Presentation by Michael Elliot

Thursday, Oct. 10th at 10:30 A.M.

Please join us for a fun afternoon and enjoy an audio/visual presentation about the life of the great Frank Sinatra presented by Michael Elliot. Registration is required. Please call 617-376-1506 to register.

Olde Kids on the Block

Friday, Oct. 11th at 1 P.M.

Back by popular demand! A dance band with the big band style of the 50's and 60's. They have been called a "living museum" with a library of music that will have you humming and tapping. Light refreshments will be served. \$7PP, visit the Kennedy Center to purchase your ticket.

Shredding Day

Friday, Oct. 11th, 10A.M. - Noon - Kennedy Center

Seniors are invited to safely dispose of sensitive and personal documents to protect themselves from identity theft and fraud. Visit the Kennedy Center on Friday September 29th and have tax, financial, legal and other documents shredded free of charge. You can watch your documents as they are shredded. Please call the Kennedy Center at 617-376-1506 to register.

Monthly Bereavement Support Group

Tuesday, Oct. 15th at 1 P.M.

All are welcome. This is a monthly group which provides a space of sharing and support for those who are grieving the loss of a loved one. We will meet on the 3rd Tuesday of every month at 1 p.m. Sponsored by Hamel-Lydon Chapel Cremation Service of Massachusetts. Registration is required. Please call 617-376-1506.

Hamel Lydon Education and Resource Seminar Series

Hearing Health Matters

Wednesday, Oct. 16 at 1 P.M.

Children's Jewish Activity Program Event Oct. 12

The Shalom Children Activity Program (SCAP), a year-long program sponsored by a collaborative partnership of South Shore synagogues and Jewish organizations, will hold its next event, "Come Celebrate Harvest Season & Sukkot," on Saturday, Oct. 12, from 10:10 a.m. to 12:30 p.m. at the South Shore Natural Science Center, 48 Jacobs Ln., Norwell.

Families with children up to age 8 who are looking for fun, social, engaging activities infused by Jewish values and experiences are invited to celebrate the festival of Sukkot and change of seasons with other young families. Enjoy special programming to celebrate nature's bounty and the Jewish Harvest Festival of Sukkot. Build an Edible Sukkah (Farmer's Harvest Hut), participate in other Sukkot art projects, and explore the Eco-Zone and Nature Trails (weather permitting).

This event is for families with children up to 8 years old (siblings welcome), and is FREE, but registration is required. Check in is from

Stephen Tobias, B.C. HIS, of Tobias Hearing Center presents Hearing Health Matters. All are welcome to attend this seminar. Space is limited. Please call 617-376-1506 to register.

Protecting Your Assets

Thursday, Oct. 17th at 10 A.M.

Attorney Rob Romano will conduct an estate planning essentials workshop at the Kennedy Center to discuss the important issues that affect seniors. Call to register 617-376-1506.

Fall Fashion Show

Monday, Oct. 21st at 1 P.M.

Join us for a free fashion show and demonstration with fashion expert Caryn Smith, owner of Caryn's Corner, a popular boutique of beautiful, trendy and comfortable clothing and stylish accessories. Clothing modeled on the runway will surely delight our guests. After the models strut their stuff on the runway, Caryn will demonstrate fashion trends and fashion 'how-tos'. Light Refreshments. Registration Required. Please call 617-376-1506 to register.

Life Expressions Décor

Tuesday, Oct. 22nd at 1 P.M.

Join Life Expressions for a sign making class. All supplies are included, you will go home with a themed sign. \$20 per person due at time of registration. Space is limited and registration is required.

Third Annual Fall Craft Fair at the Kennedy Center

Saturday, Oct. 26th from 10 A.M. - 2 P.M.

Free event featuring Craft Vendors, Raffles, and Food! Start your holiday shopping! Vendors include Caryn's Corner, Piper Dee Naturals, Life Expressions, Aprons by Harriet, The Bag Lady, Jewelry, Photography, Scentsy, Wreaths, Sea Glass, Quilts, Crocheted items and more!!!

Monthly Birthday Party Celebration

Monday, Oct. 28th at 1:30 P.M.

At Hamel-Lydon Chapel, we also believe in the celebration of life. Come join us at the Kennedy Center for cake and ice cream if it's your birthday! And even if it's not, come and join us for our celebration! Sponsored by Hamel-Lydon Chapel. Reservations are required. Please call 617-376-1506 to register.

Halloween Party

Thursday, Oct. 31st at 1:30 P.M.

Join us if you dare for our annual Halloween Party! Live entertainment, appetizers and dessert. Halloween costumes optional. Prizes will be awarded to winners of the costume contest. Reserve your spot at this popular and fun annual event. Tickets are \$10PP and can be purchased at the Kennedy Center.

O
C
T

3

2

0

1
9

SUBSCRIPTION FORM

FILL OUT THIS SUBSCRIPTION BLANK AND MAIL TO

The Quincy Sun

Historic Quincy's Hometown Weekly Newspaper Since 1968

1372 HANCOCK STREET, QUINCY, MA 02169

NAME _____

STREET _____

CITY _____ STATE _____ ZIP _____

CHECK ONE BOX IN EACH COLUMN

- | | |
|---------------------------|---------|
| [] 1 YEAR IN QUINCY | \$40.00 |
| [] 1 YEAR OUTSIDE QUINCY | \$42.00 |
| [] 1 YEAR OUT OF STATE | \$50.00 |
- [] CHECK ENCLOSED

'Make A Difference Day' Oct. 20

Altrusa International invites the public to celebrate "Make a Difference Day" and celebrate community giving with other generous organizations.

Altrus is participating in

the Community Fair set for Sunday, Oct. 20 from 3 to 5 p.m. at the Wollaston Congregational Church, 48 Winthrop Ave., Quincy.

Come discover the good works and activities hap-

pening in the Wollaston area and across the South Shore.

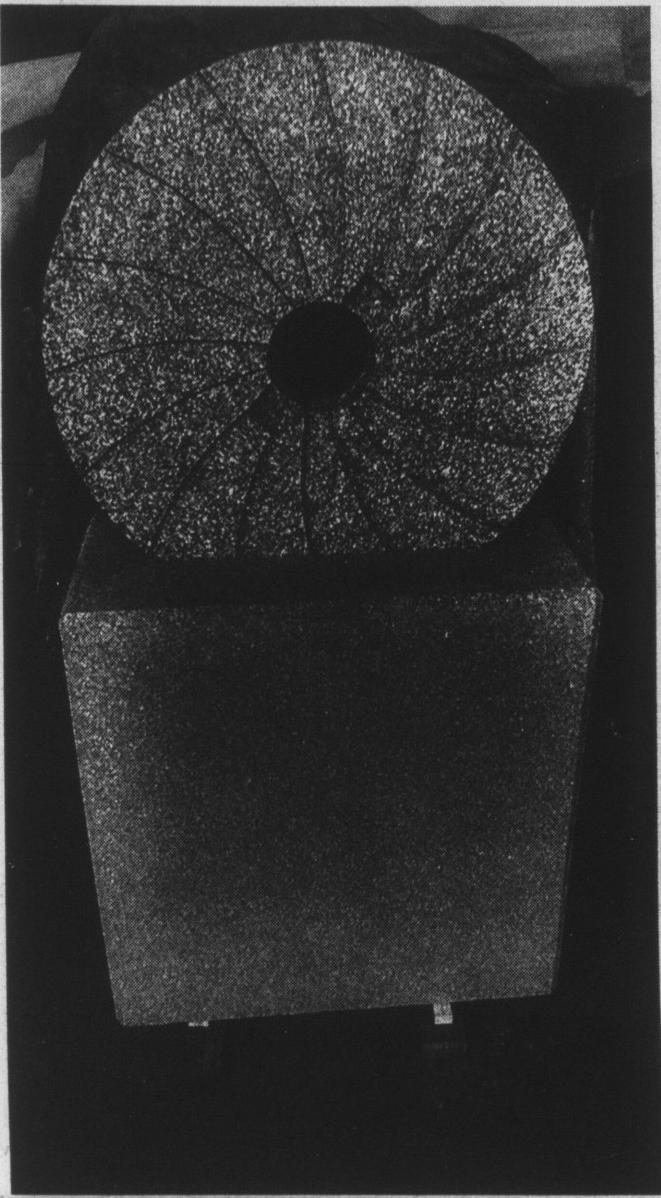
Following the fair, there will be a community dinner served for all who attend and wish to partake and to get to know our community partners a little better.

Altrusa will be collecting NEW young adult/teen and adult books to be donated to Homes for Our Troops of New England. The books will be donated to a veteran and family.

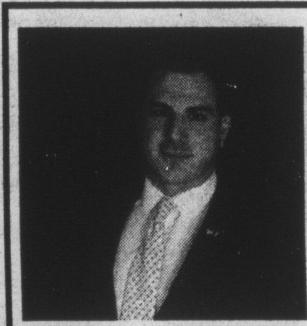
There will be baskets for collections at the Altrusa table along with information about the local Altrusa chapter.

A bake sale will be offered as well.

Visit our Facebook page Altrusa International of Quincy for more information.



NEW MILLSTONE: This is a replica of the kind of millstone that was used at the Souther Tide Mill in the 1800s. It was crafted by John Monti, Quincy stonemason, and will be unveiled by Mayor Thomas Koch on Saturday, Oct. 5 between 10:30 and 11 a.m. Visit the grounds between noon and 3 p.m. and learn more about the grain mill, saw mill, shipbuilding and granite transport industries carried on at this location in the 19th century. This event is part of Massachusetts Archaeology Month. The Souther Tide Mill is located at 625 Southern Artery between Quirk Nissan and CVS.



Armando Agnitti, Esq., CISR
Anthony Agnitti, CIC, LIA

AGNITTI
INSURANCE AGENCY, INC.

Auto - Home - Business
Life

21 Franklin Street,
Quincy

617-770-0123
Agnittiinsurance.com

Kathryn Baldi QCU Marketing Communications Coordinator

Judith M. Brazil, Quincy Credit Union's Chief Corporate Communications Officer, announces Kathryn Baldi has been appointed marketing communications coordinator.

Baldi will be responsible for assisting with the coordination and implementation of the annual marketing, public relations, and community outreach plans for the Credit Union. She will also coordinate print media buying, production and support the credit union's social media strategies.

Baldi is a recent graduate of Merrimack College, with a B.S. in business administration, and concentrations in marketing and management. Baldi's internship experiences at Boston Ballet, Twinbrook Insurance, and Northeastern University, Sport and Society allowed



KATHRYN BALDI

her the opportunity to experience the operational aspects of three different industries while honing in on her time-management, communication and organizational skills. Her strong initiative, interpersonal and communication skills will complement the expectations of this position.

"We are very happy to welcome Kate to Quincy Credit Union," Brazil said.

"She possesses the skills, experience and upbeat attitude to round-out our marketing/PR team and assist us with achieving our strategic marketing goals."

Baldi lives in Braintree, where she attended Braintree Public Schools and is 2015 graduate of Braintree High School. She enjoys spending time with her family and friends, along with participating in outdoor activities like hiking, skiing, as well as working out.

Quincy Credit Union provides financial services to over 35,495 Members operating from two locations; 100 Quincy Ave., Quincy and 519 Columbian St., Weymouth. Membership is available to those who live or work in Norfolk, Plymouth Counties and the communities of Dorchester and their families.

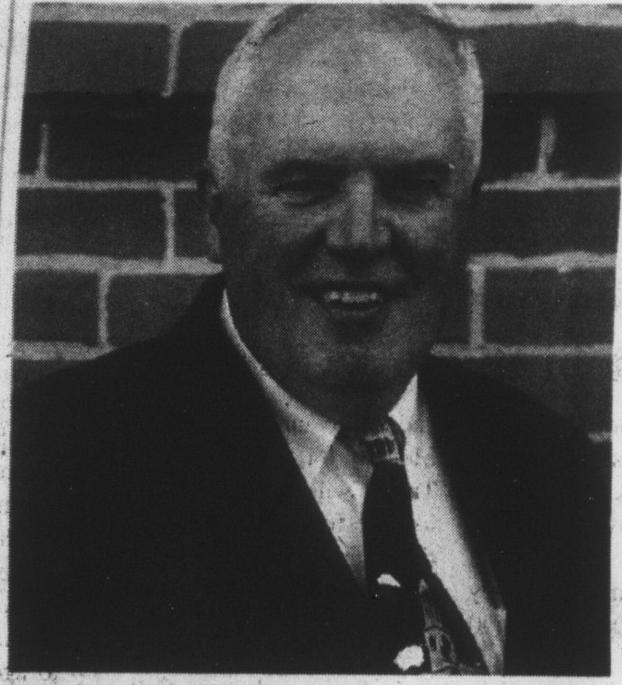
POLITICAL ADVERTISEMENT

The Committee to Elect

Chuck
PHELAN

Ward 5 City Councillor

Cordially invites you to a Campaign Fund Raiser & Rally



Victory Point Marina Bay

332 Victory Road, Quincy

Tuesday October 8th, 2019

5:00 – 7:00 P.M.

The event will have Food and Cash Bar

Suggested Donation

\$50 ★ \$75 ★ \$100

Paid for by the Committee to Elect Chuck Phelan Ward 5 City Councillor

QUINCY ANIMAL SHELTER PRESENTS

A 20th Anniversary Celebration

THE SAVE THEM ALL BALL

Saturday, October 26th, 2019

The Tirrell Room, Quincy

7PM - 11PM

\$75 per ticket

A fun night of dancing, drinks, food, prizes and more!

Cocktail attire encouraged.

Tickets available at www.quincyanimalshelter.org

Shed Memorial - Symbol Of Hope, Pride – Rededicated

Cont'd From Page 1

a 20-foot-tall lighthouse made of Quincy granite, was originally built in 1916 by descendants of Shed, the first English settler of the area now known as Germantown.

The Sept. 20 ceremony marked the completion of a \$100,000 project to restore the memorial to its former glory and add new plants, walkways and benches to the rotary. The Quincy Housing Authority completed the project using \$100,000 in funds from the Quincy Community Preservation Committee.

Members of the Shed family from Connecticut, New Hampshire, Vermont and Missouri came to the rededication. All told, some 50 residents, city officials, housing authority workers and Shed family members were on hand for the occasion.

James Marathas, the housing authority's executive director, said the work was long overdue.

"Good morning and thank you all for coming to this rededication. It's been a long time coming, somewhere in the neighborhood of 20 years," Marathas said. "Today is a very special day for many reasons."

Marathas credited Leo Kelly, a former Ward 1 city councillor and housing authority commissioner, and Kelly's wife, Margaret Milne, a maintenance secretary for the-housing agency, for pushing for the project to restore the rotary and memorial.

"About five years ago when I took the job in Quincy, I was introduced to a gentleman by the name of Leo Kelly. I came to know Leo...very well and began learning a great deal about him and about the history of Quincy. I grew to like Leo as well as respect for his wife, Margaret," Marathas said.



DESCENDANTS of Daniel Shed came from as far away as Missouri to see the monument that bears his name rededicated Sept. 20. Shed was the first English settler of the area now known as Germantown (Snug Harbor); it was once called Shed's Neck.



LOCAL OFFICIALS and descendants of Daniel Shed at the Sept. 20 ceremony included (from left): Mayor Thomas Koch; Quincy Housing Authority Executive Director James Marathas; Leo Kelly, a former Ward 1 councillor and QHA commissioner; Bradford Shedd of Vermont; Jerome Shedd of Vermont; Janice Bonacorso of Connecticut; and Judy Hoffman of New Hampshire. More photos on Page 19, Page 39.

Quincy Sun Photos/Robert Bosworth

"As we became more comfortable, Leo felt, I think, comfortable enough to begin harassing me. He would call me often, and every time he would see me, he would say, 'James, what are we going to do about

Cont'd On Page 39



QUINCY HOUSING AUTHORITY Executive Director James Marathas welcomes residents, local officials and Shed family members to the ceremony.

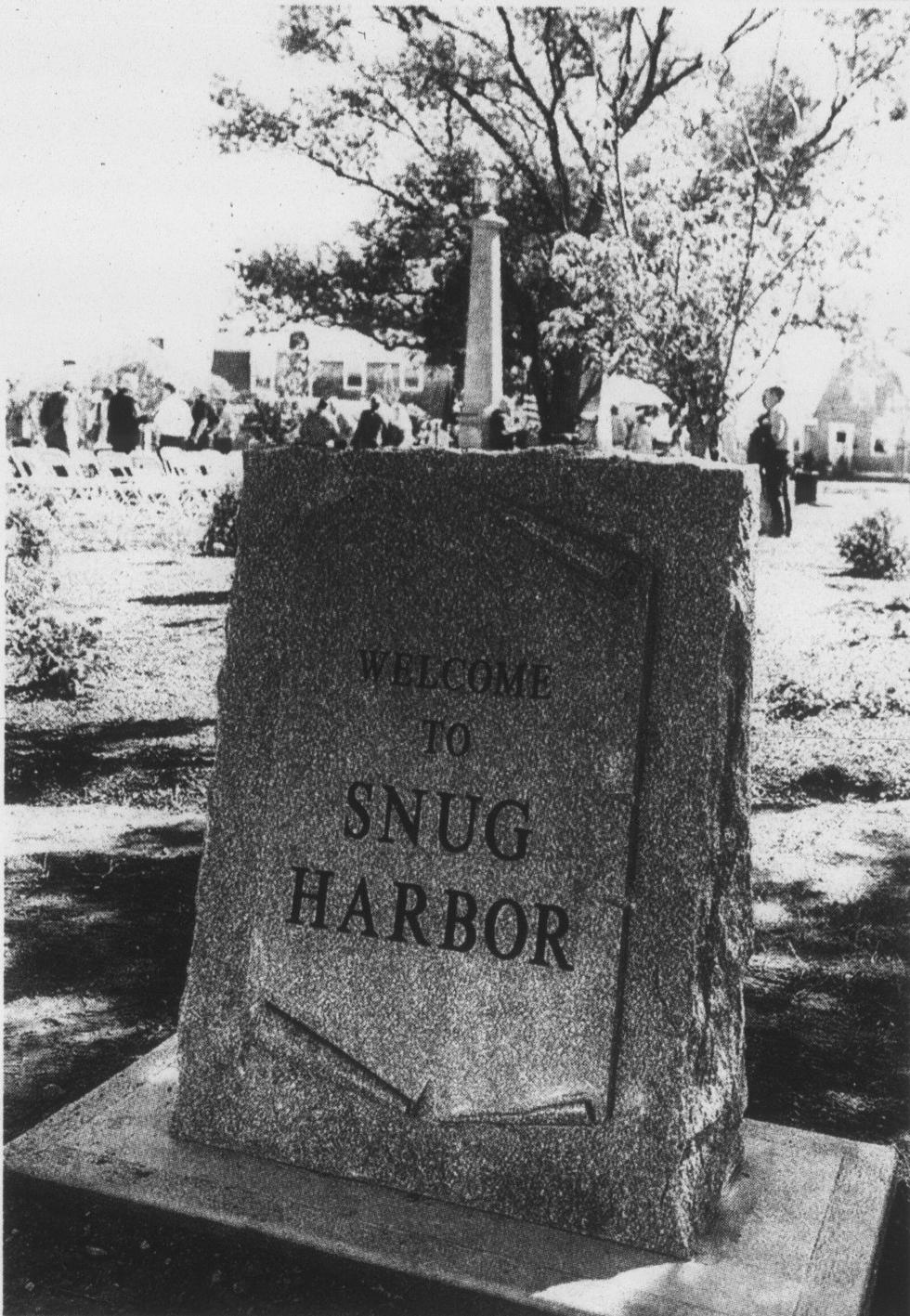


FORMER WARD 1 councillor Leo Kelly (seated, second from right) smiles as Dan Clark, a retired State Police trooper, sings "America the Beautiful" at the Daniel Shed Memorial rededication Sept. 20 at the Palmer Street rotary. Clark also shook hands with Kelly in appreciation of his many years of advocacy and dedication to the Snug Harbor area of Quincy.

O
C
T

3

2
0
1
9



PALMER STREET Rotary was renovated as part of a \$100,000 project using a Community Preservation Committee grant. The left photo shows a new "Welcome to Snug Harbor" granite sign donated by Leo Kelly and his wife, Margaret Milne. At right, Mayor Thomas Koch gazes up at the 20-foot-tall Daniel Shed Memorial. The top of the monument, a lighthouse made of Quincy granite, was restored as part of the project.

Quincy Sun Photos/Robert Bosworth

**There are a lot of reasons to move here, but don't just take our word for it.
See what our residents have to say!**

"There is a variety of people to interact with and become friends with. The activities are plentiful and keep you busy, active and make sure you are never bored. The rooms are comfy, and the staff is very supportive."

— Dorothy P., Brookdale resident

Brookdale Quincy Bay
Independent Living | Assisted Living
99 Brackett Street
Quincy, Massachusetts 02169

► For more information, call (617) 874-4298
or visit brookdale.com.

© 2019 Brookdale Senior Living Inc. All rights reserved. BROOKDALE SENIOR LIVING and BRINGING NEW LIFE TO SENIOR LIVING are registered trademarks of Brookdale Senior Living Inc.

Bringing New Life to Senior Living

BROOKDALE
SENIOR LIVING

brookdale.com



PRETTY PALETTE of pastel-like colors paint a spectacular sunrise over Quincy Bay as seen from Quincy Shore Drive. This photo was taken by Patricia Belanger at daybreak Sept. 28.

Koch Proposes Special Education Learning Center

Cont'd From Page 1

The school system currently transports 152 special education students to schools outside the city, Superintendent Dr. Richard DeCristofaro said, at a cost of \$80,000 to \$100,000 per student, including transpor-

tation and tuition.

The new facility on Old Colony Avenue could accommodate 30 to 40 of those students, Koch said, plus special education students attending other Quincy public schools and students from nearby school

districts. The facility would accommodate students from pre-kindergarten to middle school.

The city could save between \$300,000 and \$500,000 annually by having those 30 to 40 students stay in Quincy, Koch said,

even after accounting for debt service payments for the building and the cost to staff and maintain the facility.

"Today we send a lot of children outside of our district to get the care and specialties that they need with

these challenges. With this building, we will be able to keep many of our kids here in Quincy without having to be on a bus at least an hour or two a day to and from their home in Quincy. I think that is awesome just to start with," Koch said.

"At the end of the day, with the acquisition cost, the upgrading costs, the costs to staff the building and maintain the building, we would be saving money. This is a win-win for the families of the city, but also the taxpay-

Cont'd On Page 35

THE NURSE OF THE FUTURE

STARTS NOW

ASSOCIATE IN SCIENCE DEGREE IN NURSING (ASN)
Full-time day, 2 year program, Quincy & Plymouth Campuses

CERTIFICATE IN PRACTICAL NURSING (PN)
Full-time day, 10 month program, Quincy & Plymouth Campuses

QUINCY COLLEGE NURSING

STEPS TO APPLY:

1. Go to quincycollege.edu/nurse to get started or call the admissions office at:

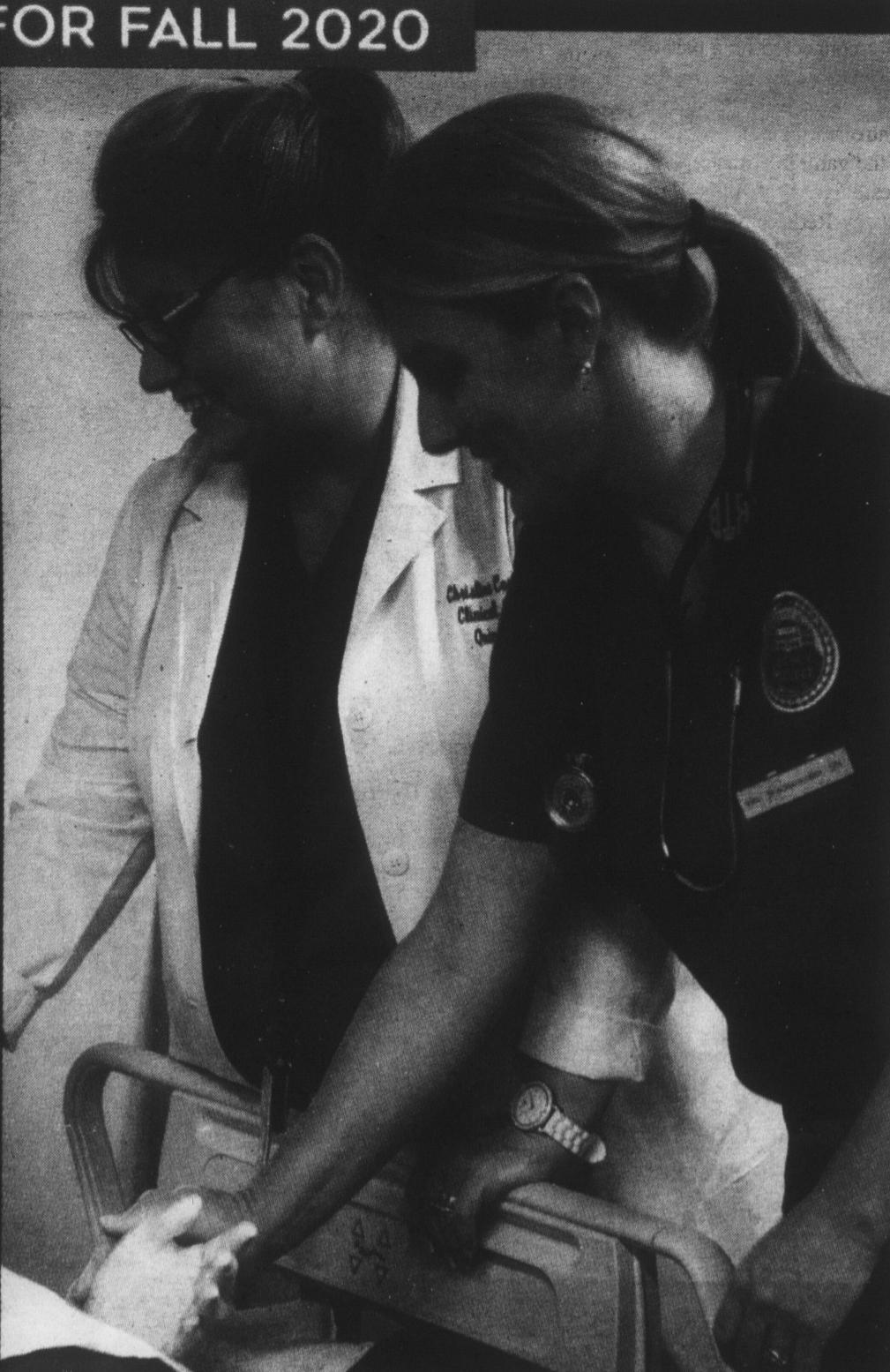
QUINCY CAMPUS | 617.984.1710

PLYMOUTH CAMPUS | 617.984.1732

2. Attend a nursing information session.
3. Complete the prerequisites.
4. Take the TEAS exam.
5. Apply online and pay the application fee.

MORE INFO: ADMISSIONS @ QUINCYCOLLEGE.EDU

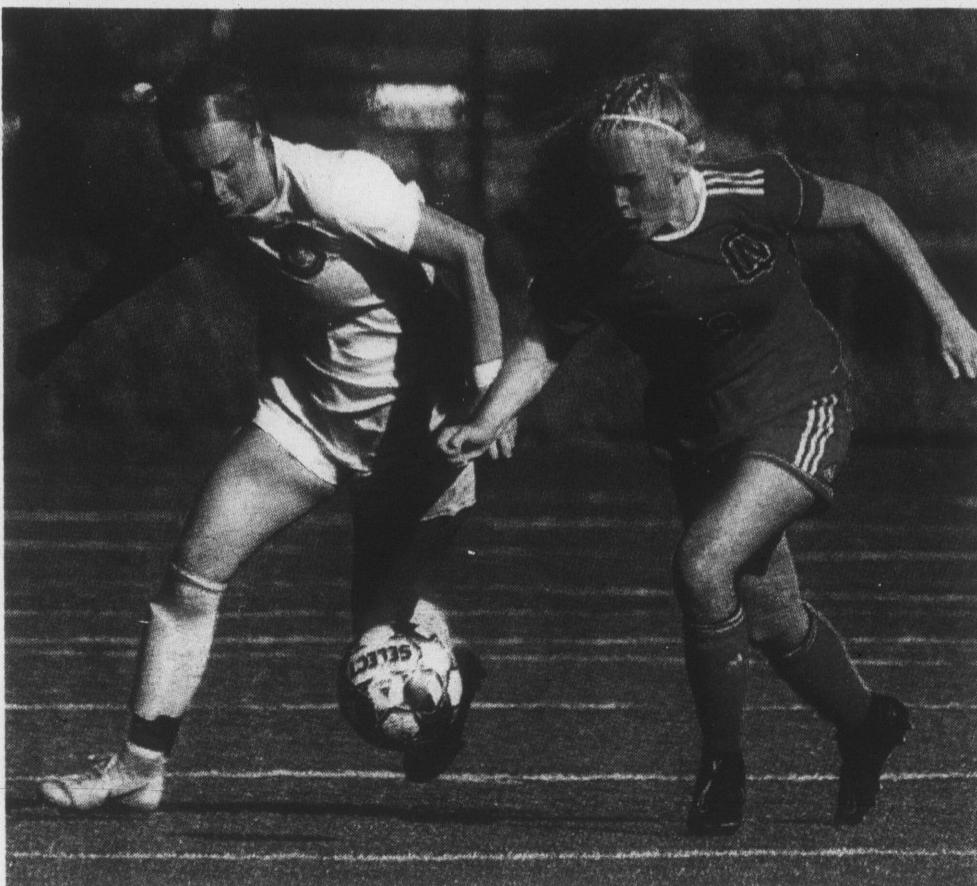
APPLY NOW: QUINCYCOLLEGE.EDU/NURSE



OCT

3

2019



QUINCY'S KATHERINE SHAUGHNESSY and North Quincy's Jamie McAleavy are in a race to get to the ball first. QHS emerged with a 2-0 victory over North last Saturday afternoon. Shaughnessy scored both of Quincy's goals in the first half sealing the victory for the Presidents.

Shaughnessy (2 Goals) Leads Quincy Over NQ

By TOM JOYCE

The Quincy High girls' soccer team executed virtually the same play twice and played tight defense. It was enough for them to win their rivalry game last Saturday afternoon.

Katherine Shaughnessy and Tara McCleary successfully connected on a pair of corner kick headers in the first half while the Presidents controlled the ball for much of the game. Ultimately, the Presidents beat the North Quincy Red Raiders on the road 2-0. With the win, the Presidents improved to 3-7-1 on the season as the Red Raiders fell to 2-7-0.

"It was a good game for us," Presidents head coach Seth Harmon said. "We needed it. I think the score might not be as indicative of the actual performance. The North game is a rivalry game, so the talent and records don't really matter. Both teams will come out hard ready to play."

"I was really proud of our girls for how they played, especially in the second half," Red Raiders head coach Emily DeCilio added. "We had a lot of opportunities and it was those two corner kicks that made the difference."

Shaughnessy scored both of the Presidents goals, assisted on exceptionally accurate kicks from McCleary. The first score came within the first ten minutes of the game and once again, they connected at the 35 minute mark towards the end of the

first half.

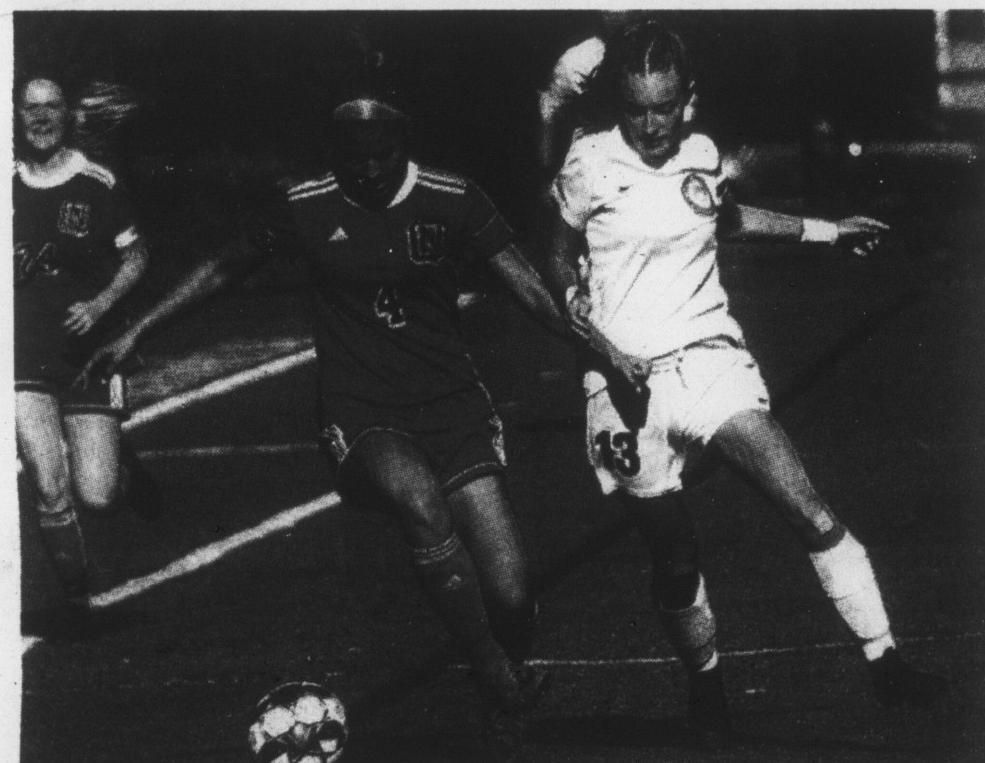
"We probably had more through balls today than we have all season which is awesome," Harmon said. "We've got to work on our finishing a little. It was excellent to see them score on corner kicks. We practiced that a little bit. Actually, Tara McCleary and Katherine Shaughnessy who scored both the headers had worked together and spent a little more time in practice on it. It was nice to see it work out in the game."

Cont'd On Page 25



QUINCY and North Quincy High school girls soccer squared off against one another at Creedon Field last Saturday. Here Jill O'Toole (left) of the Presidents and the Red Raiders' Alex Abramovich battle for possession.

Quincy Sun Photos/Larry Carchedi



NORTH QUINCY'S Olivia Murray has a step on Quincy's Lauren Medeiros in the race for the ball. Both team played a tight and competitive game as the Presidents emerged with a 2-0 victory.

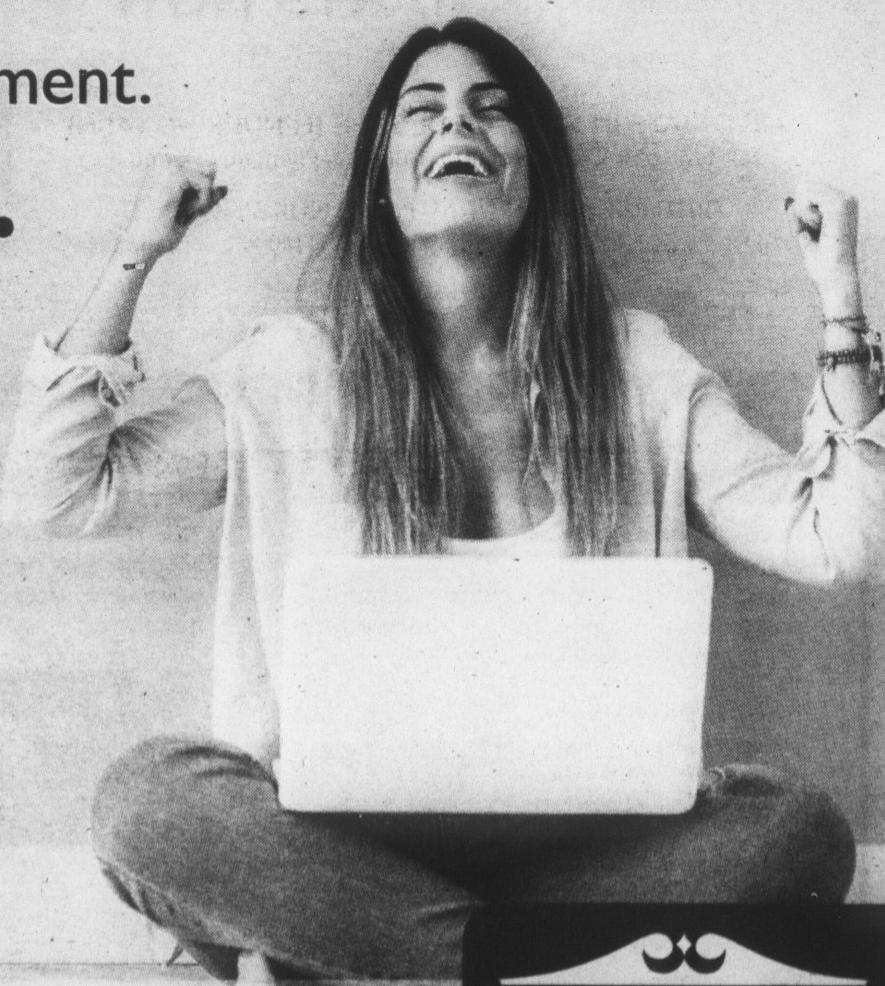
Lower rate. Lower payment.

Bigger smile.

Refinancing your mortgage with Bank of Canton could save you money. Our 30-year fixed rates were recently as low as

3.625 % RATE | 3.691 % APR

Apply online or request a quote:
www.ibankcanton.com/refinance



BANK OF CANTON

888.828.1690

www.ibankcanton.com

*All loans subject to credit approval. Annual percentage rate (APR) shown is for a 30-year, no points, fixed rate mortgage as of 9/26/19 and subject to change at any time. APR is for single-family, owner-occupied, primary residence, and assumes a FICO score of 740 and 20% down payment. Interest rate of 3.625% (3.691% APR) on a \$300,000 loan requires 360 monthly principal and interest payments of \$1,368.15. Payments do not include taxes, insurance, and, if applicable, estimated mortgage insurance or homeowners association dues; your actual payment will be greater. Other rates and terms are available.

**JOAN'S
OLYMPIC GYM**
Gymnastics & Dance
School

**NOW ACCEPTING
NEW REGISTRATION**
Call for a FREE
Trial Lesson
Ages 2 yrs thru teens



Voted #1 On The South Shore

781-843-9624

An excellent educational
environment for your child.
197 Quincy Ave, Braintree
joanolympicgym.com



Member FDIC Member DIF
NMLS #408169

Toscanini (3 Goals) Powers Presidents Past Raiders

By TOM JOYCE

The Quincy High boys' soccer team had no issue finding the back of the net in their in-city rivalry match last Saturday.

Christian Toscanini excelled for the Presidents, putting up a team-high three goals as the team beat the North Quincy Red Raiders 5-2 to improve to 2-7-0 on the season. With the loss, the Red Raiders fell to 0-7-2.

"It was a tough game. It's always a tough game," Presidents head coach Mark Spendlove said. "Credit to North Quincy. They have a lot of young guys and they're winning balls you wouldn't expect them to be winning for their size. They just kept working and working. We knew coming in they were gonna work hard and we'd have to try to outwork them. We had



QUINCY GOALTENDER Jacob Torres punches the ball away while players from both North Quincy and the Presidents look on. Torres held the Red Raiders to two goals notching a 5-2 victory.

Quincy Sun Photos/Larry Carchedi

the older team and probably the stronger team, but we lost momentum in the sec-

ond half, had to settle down and turn things around. And that's what we did."

"It was a good team effort," he added. "We've had a tough season so far, so I've

told them everything is going to be a battle--and it was a battle."

The Presidents had the early momentum in the contest, going up 2-0 by halftime on goals from Christian Toscanini and Pandush Trebicka.

However, momentum shifted to start the second half -- and the Red Raiders put themselves on the scoreboard. Just one minute into the second half, Gerard Llanaj put a shot on goal for the Red Raiders which the Presidents managed to stop. However, Abdel Mahmoud capitalized on the rebound opportunity and put the ball in the back of the net for the Red Raiders, making it a 2-1 game.

The goal put the Red Raiders back in the game as they brought a high level of intensity into the second half. However, the Presidents would recover and managed to protect their lead.

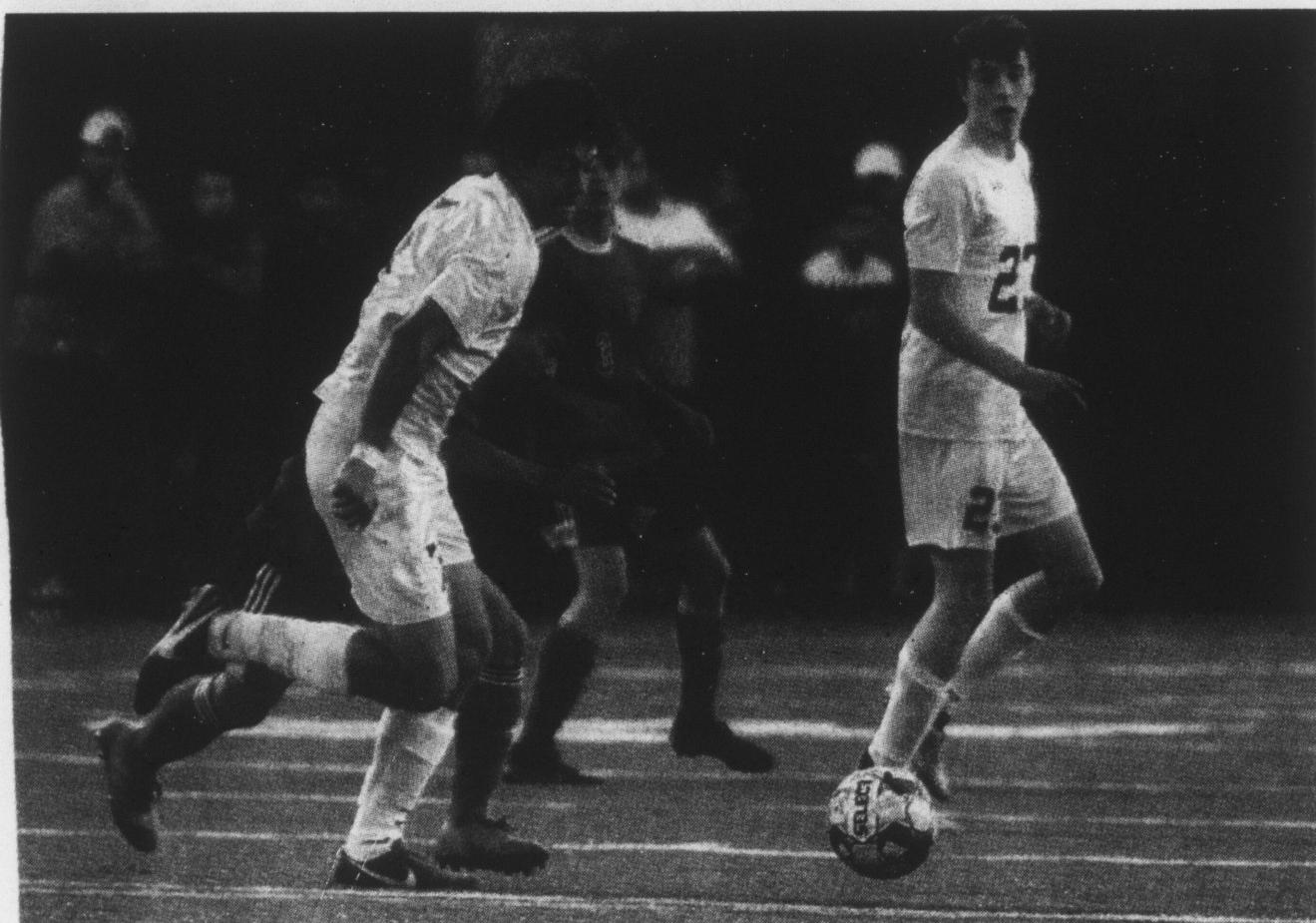
"You have to calm them down," Spendlove ex-

plained of how his team recovered. "You have to reset the support. They were chasing and racing. We needed to move the ball quicker and get them turned a bit so they were facing their own goal. Then, we squeezed up a bit and gave ourselves some breathing space."

Ultimately, Quincy scored three unanswered goals in an eight-minute span late in the contest to take a 5-1 lead. It started with a Toscanini goal at the 68 minute mark, kicked directly off a pass to give the team a 3-1 advantage. Five minutes later, Ilia Karello got his foot on the ball in a scrum and slipped it past the Red Raiders on the left side of the net. And at the 76 minute mark, Toscanini completed his hat trick, burying his third and final goal of the game on a fast break.

Although they trailed late in the contest, the Red Raiders would not give up. They fought until the last whistle,

Cont'd On Page 23



QUINCY'S Christian Toscanini races to get to the soccer ball first. Toscanini led Quincy to a 5-2 victory scoring three goals.

STUDENT ATHLETES OF THE MONTH

Sponsored by



Juliana Tracey

Volleyball, Basketball, Softball - Quincy H.S.

"Juliana has had a great start to the season showing a lot of maturity in her senior year both on and off the court. She's a great player with a lot of potential."

- Jacqui Niosi

For the past 3 years, Juliana played on the QHS Varsity basketball and volleyball teams. She now serves as team captain for both. Even with her busy volleyball and basketball schedules, she still found time to play on the Varsity softball team all 4 years at QHS. She was selected as a Patriot League All-Star during her junior year for basketball and softball. Juliana balances her athletics and academics well to maintain a 3.9 GPA.



Thomas Roche

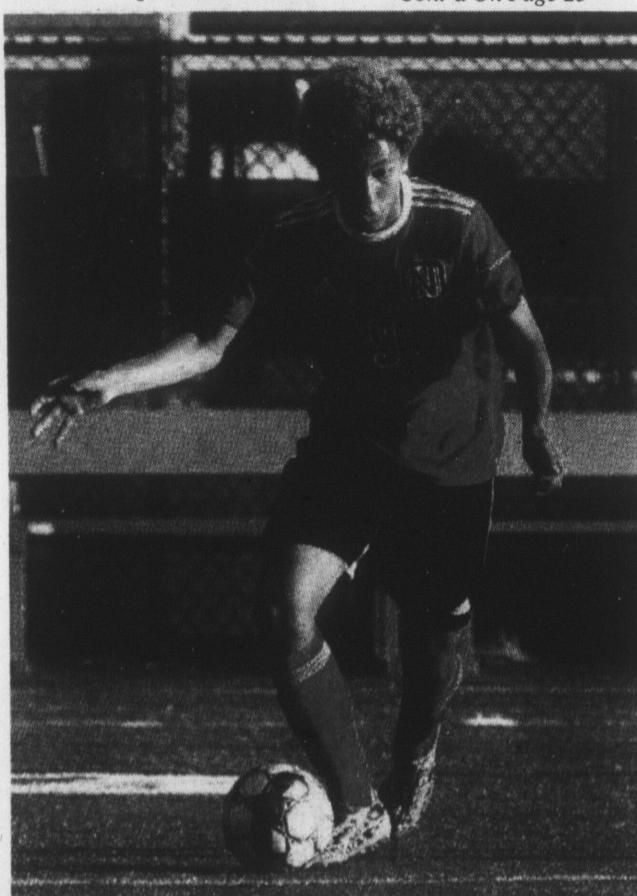
Golf, Basketball - N.Q.H.S.

"Tom is the Junior Captain and best golfer on the team this year. He has improved a great deal this year and displays tremendous leadership to his teammates."

- Bob Doyle

Tom found a passion for golf and basketball at a young age. He played both sports most of his life. He is a sub 40 golfer that has played on the Varsity team all three years at NQHS. Tom was selected as a Patriot League All-Star last season for his golf accomplishments. He finds

time to give back to the community by volunteering as a peer counselor and helping out in various Quincy food drives. Tom holds a 3.4 GPA.



NORTH QUINCY'S Abdel Mahmoud looks up field to make a pass in the first half against Quincy. Mahmoud scored both of North's goals in the game.

3

2
0
1
9

Toscanini (3 Goals) Powers Presidents Past Raiders

Cont'd From Page 22

scoring his second goal of the game with a minute left to play. He booted the ball from long distance and it went over the head of Quincy's goalkeeper, putting the score at 5-2.

"It's always a super passionate, big time rivalry," Red Raiders head coach Tim Smith said. "The boys did everything we asked them to do. We had Abdel burying a goal in the last minute. It's just a testament to how hard my boys play. We're really, really happy with the work."

In a game where the Red Raiders had their best scoring effort to date, Smith said

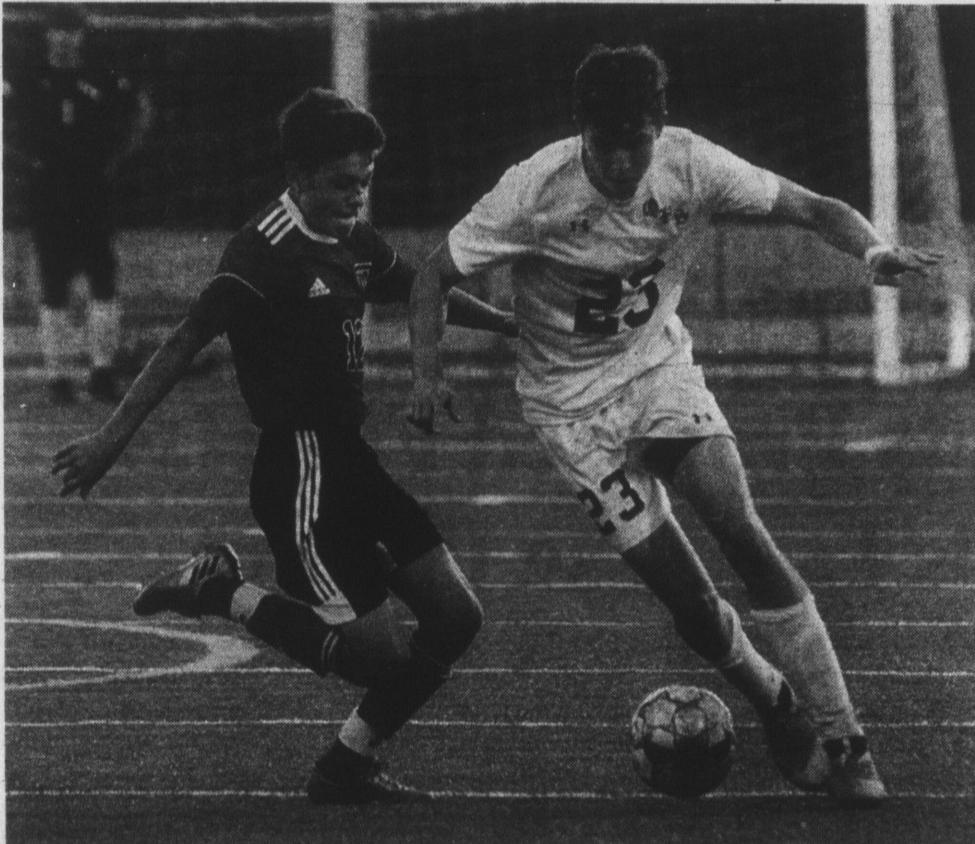
there were many standouts for the Red Raiders.

"Oliver Smith was winning every 50-50 ball," he said. "My defense had Colby St. Marie winning those 50-50s in the air and being able to hit those direct kicks over 50 yards, putting the ball in some great opportunities for scoring chances. Our outside wings Michael Colantonio, Gerard Llanaj and Sam Wong played fantastic in the middle for us. We had to make a goalie change when Sam Du Nguyen got hurt, but Ian Crammond came in and he played a fantastic game with

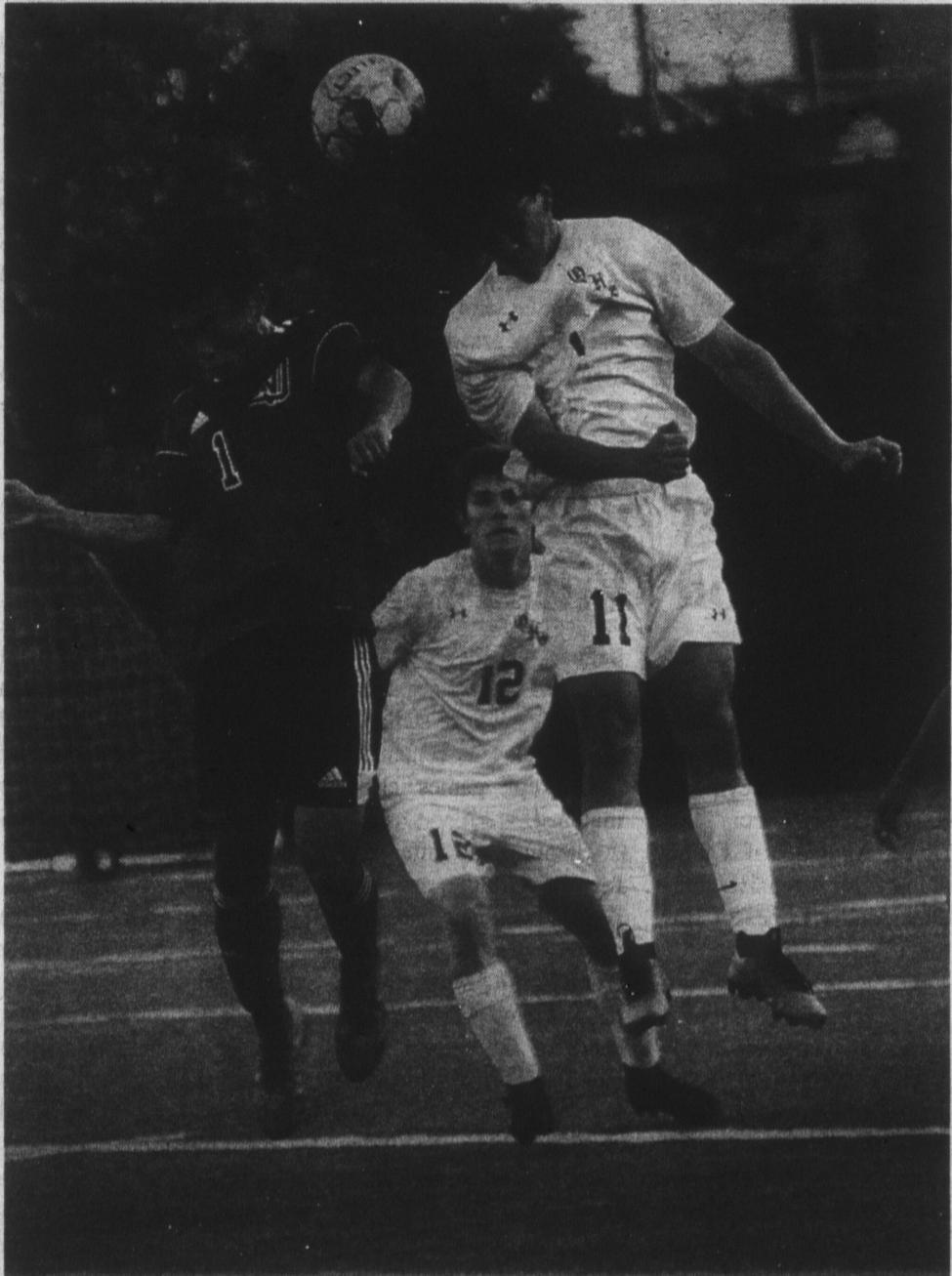
very minimal goalkeeping experience. He really rose to the challenge. And then you have Aaron Huang, Ben Dawe and Ethan Walsh. Those defenders there, they had a fantastic performance."

For the Presidents, Spendlove said his team received strong performances from sophomore Jair Whyte, Christian Toscanini as he put up three goals and defensemen Pat Rack and Tommy MacPherson.

The two teams will meet again later this season on Friday, Oct. 18 at Veterans Memorial Stadium. Game time is 5 p.m.



QUINCY'S AARON O'TOOLE is a step ahead of North's Oliver Smith in the first half as he brings the ball upfield.



NORTH QUINCY's Sam Wong (left) and Quincy's Kledi Struga both go up to head the ball.



NORTH QUINCY GOALTENDER Sam Du Nguyen gets to the ball first making the save ahead of Quincy's Ty Chafa.



QUINCY'S Jair Whyte looks to make a play and shields the ball from North's Oliver Smith in the first half.



CELEBRATING A North Quincy goal are Red Raiders (from left to right) Michael Colantonio, Sam Wong, Ethan Walsh and Subear Hussein.

Murray's FG Leads Raiders To Win Over Archies

By BRUCE MARQUIS

A mighty defensive effort by the North Quincy High School Red Raiders (1-2) highlighted its win 3-0 over the visiting Archbishop Williams Bishops (2-2) last Friday evening at Veterans Memorial Stadium. The win evened out the series 2-2 dating back to the 2011 season.

Allowing only 77 yards total offense for the visitors, including 1 of 10 passing for no net yards, the Raiders defense coupled ferocious tackling with all out pressure on the Bishops quarterback senior Neil Sanders. He scrambled valiantly to evade the rush established from senior ends Michael Gordon and Joshua Jacobson. The lone sack was reg-

istered by sophomore Matt Craig.

The longest gain of the night for the Bishops was 8 yards, and their deepest penetration into North Quincy territory was the 45-yard line. They had only 5 first downs and ended the game with four incompletions from their 5-yard line before turning the ball to the Raiders for a victory formation.

The only score of the game came with just 4 seconds left in the first half when sophomore Thomas Murray drilled a field goal just inside the left upright from 26 yards. The second half was completely dominated by the Raiders, who penetrated three times inside the red zone, albeit with no points, twice fumbling

inside the 5-yard line.

Junior running back and safety Liam Hines was clearly the star of the game as he rumbled for 141 yards on 25 carries, including runs of 10, 11, 17 and 18 yards. He also came up with a key interception at his own 40, leaping high over the intended receiver and returning it to Archbishop Williams 20.

After converting on third down, Hines was stripped of the ball going to the end zone, and Archbishop Williams was awarded the ball at the 20.

For most of the game the Raiders used a five-man defensive front employing Gordon and Joshua Jackson, senior captain Mike Levine, and sophomores Brandan Baker and Sammy Akhounzine with relief provided by sophomore Harry Gaudiano. This tactic seemed to put maximum pressure on the running and passing games by not allowing the Bish-

ops to gain traction, gaining only 77 yards on 30 carries. Backed up by senior captain Jackson Zhai and Craig, who led the North Quincy eleven with 11 tackles, the pass defense was superb with only one pass completed for no net yards. Senior Andrews Gott, junior Brendan Hines (the fraternal brother of Liam), Liam Hines, sophomores Tyler Le and Jamaal Maximilien, and senior Shane O'Connell, filled out the defensive backfield.

The offensive line was solid. Led by veterans Levine and Zhai they were joined by the center Baker, guard Akhounzine, tackle Gaudiano and sophomore tight end Colm Geary. They opened holes from Liam Hines as well as for Joshua Jackson and Shane O'Connell.

Sophomore quarterback Cooper Hansen completed 6 of 14 passes for 48 yard, two to Le for a long gain

of 19 yards; two to Brendan Hines; and one each to Geary for 11 yards and Maximilien for 6.

Head coach Matt Reggianni of Archbishop Williams gave credit to the defense of the Raiders but expressed pride in his defense which stiffled up when the North Quincy entered the red zone. He did not make excuses for his offense, but his star senior injured running Nic Tardanico, would likely have made a substantial difference for his squad.

North Quincy head coach Ryan Craig expressed pride in his defense and filled with praise for Liam Hines, who had an outstanding game.

"He was exhausted, but he missed only a few snaps on offense and defense. He is a tough kid."

The shutout for North Quincy was its 125th. This was only one of three of the 824 played by North Quincy that ended with the Raiders

prevailing 3-0. The others were in 1992 again Bridgewater-Raynham (the season ending with a Super Bowl win for North Quincy), and the other in 1981 at Milton. Interestingly enough they "lost" to Milton in 1936 when the Raiders had a 2-0 lead on a blocked punt, but a controversial call by an official gave the ball to the opponents with no time left, and Milton scored to make the "final" 7-2. It was later overruled and North Quincy prevailed 2-0. A shout out to Martin Dunham for providing me with food for thought.

North Quincy will host the Scituate Sailors Friday night at 7 p.m. at Veterans' Memorial Stadium. The Sailors are coming into the game with 10 straight series victories since 2005. Over that time the Raiders have scored an average of 9 points, while Scituate has scored 33. Last year's score was 41-0.

Cross Country QNQ @ Pembroke

2.65 miles

Girls Results
Score: Pembroke 20 QNQ 41
QNQ Placers

Lezly Acevedo 18:27
7. Maeve White 19:41
8. Victoria Mariano 19:52
10. Mairead Kelly 19:57
13. Jennie Burgess 20:20
19. Viktoria Miller 24:27
20. Maura Hays 24:46
21. Sabrina Egan 24:47
Record 1-2 overall 1-1 in Fisher Division

Boys Results
Score: Pembroke 24 QNQ 31
QNQ Placers

Robert Cannon 15:03
5. Braeden Kopp 16:00
6. QuangVinh Tran 16:14
9. Matt Francouer 16:20
10. Bobby Donovan 16:38
11. Dakota Pendleton 16:41
13. Jonathan Bina 17:15
14. Peter Cooney 17:39
17. Will Cook 18:11
18. Huy Ho 18:29
20. Jack Nelson 18:48
24. Shane Faherty 18:55
25. Logan Almeida 19:01
28. Zach Clements 20:06
30. Cullen Quilty 21:25
31. Nick Bina-Rodriguez 23:00
32. Dante Nguyen 23:56
33. Liam McCoy 26:50
Record 2-1 overall 1-1 in Fisher Division

QNQ lost both ends of their meet at Pembroke. The highlight of the afternoon was that both Lezly Acevedo and Robert Cannon took wins in the meet.

Coach Geoff Hennessy said he was pleased with the performances despite the losses.

"If we had them at our place the score might have been closer. Pembroke is the consummate state caliber program. They looked to be in mid-season form already and are healthier."

QNQ was getting back two standouts in Matt Francouer and Mairead Kelly. Pembroke's depth spelled disaster for the girls as the Titans put 5 runners ahead of Maeve White, and their boys put 3 runners ahead of Braeden Kopp.

The boys can still grab a share of the league title as they host both Hanover Wednesday and Plymouth South (Oct. 16) at Pageant Field. South has already defeated Pembroke. The girls will also host Hanover next Wednesday.

Helmets Proposed For H.S. Girls Lacrosse Players

By TOM GORMAN

Should the city's high school girls lacrosse team players wear protective helmets like their male counterparts? That's the question the school committee's athletics and wellness subcommittee will take up.

During the school committee's Sept. 25 meeting, member Paul Bregoli voiced concern that the girls lacrosse players face serious injury since they do not wear helmets, only goggles. Although the girls' game is played less aggressively as the boys – for example there is no checking in the girls' game – he opined the risk from being hit from a ball or

a stick is as equal.

"If that hard ball hit them in the head, it could be lethal," he said. "All they wear is goggles. No goggle is going to protect that."

Bregoli said one of his girls basketball players was struck in the head last year with a stick while playing on the girls lacrosse team and suffered a concussion.

"I see girls playing that sport and they're not protected as well as they should be," he said. "I know they have different rules than the guys do. But, they're using the same ball and carrying the same stick (as the boys)."

The discussion came

during a presentation of the district's health services improvement plan. The issue of concussions came up that concerned Bregoli that the girls lacrosse players are not mandated by the MIAA (Massachusetts Interscholastic Athletic Association) to wear helmets as boys players are required.

"It never made sense to me and I don't know the rationale of the MIAA for that," Bregoli said. "Helmets are available (for girls) but they are not required."

He suggested that the committee draft a letter to the MIAA asking for a reason that girls lacrosse players are not required to wear

protective helmets.

"They should take a hard look protecting the girls better," said Bregoli. "It's safety issue."

Committee member Douglas Gutro supported sending the MIAA a letter but wanted a breakdown of concussions of the city's high school players over the past few years and how many from lacrosse.

"Is there a disproportionate number of concussions in girls' lacrosse that would necessitate action by this board?" he asked. "I would like more data."

Quincy School Supt. Dr. Richard DeCristofaro also suggested contacting the

Cont'd On Page 35

Quincy College Starts 2019-2020 Men's Soccer Season With Freshman Squad

As the 2019-2020, Quincy College Men's Soccer season began, Granite Head Coach Idris Senyonjo knew it would take his young team time to jell at the start of a tough schedule in the National Junior College Athletic Association (NJCAA) Region 21 competition.

Despite being 0-2 on the season, Quincy College Granite Head Coach Senyonjo thinks his team is improving ahead of schedule after facing tough opponents, Springfield Tech and league leading Roxbury Community College, so early in the season.

With 12 freshmen on the roster of 17 players for the

2019-2020 season, Quincy College Granite are led this year by veterans Gareth McAlinden of Plymouth, Annas Ashraf of Weymouth, Rafael Pena-Garcia and Derek Andrade of Quincy along with offensive threat Alessander Lopes of Boston.

Quincy College's returning players played strong in the first two contests in a 3-0 loss to Springfield Technical Community College and much closer game than the score indicated versus first place Roxbury Community College in a 5-1 final. Playing well defensively along with McAlinden is Weymouth native Jake Cham-

pagne, Carlos Cuilty of Medford, and Enes Serder of Quincy whose stellar defensive play as center back have kept games closely matched.

Stepping up offensively

for the Granite are Nour,

Lopes, Garcia, and new-

comer Caio DeCastilho

from Cotuit, Mass. DeCas-

tilho scored Quincy's first

score of the season versus

Roxbury Community Col-

lege.

New to Quincy College Granite Men's Soccer are Goalkeeper Andre Mardley of Quincy, Goalkeeper Geri Bezhani of Hanover, Forward Ryan Sempiana-McWade of Scituate, Defensive

OCT

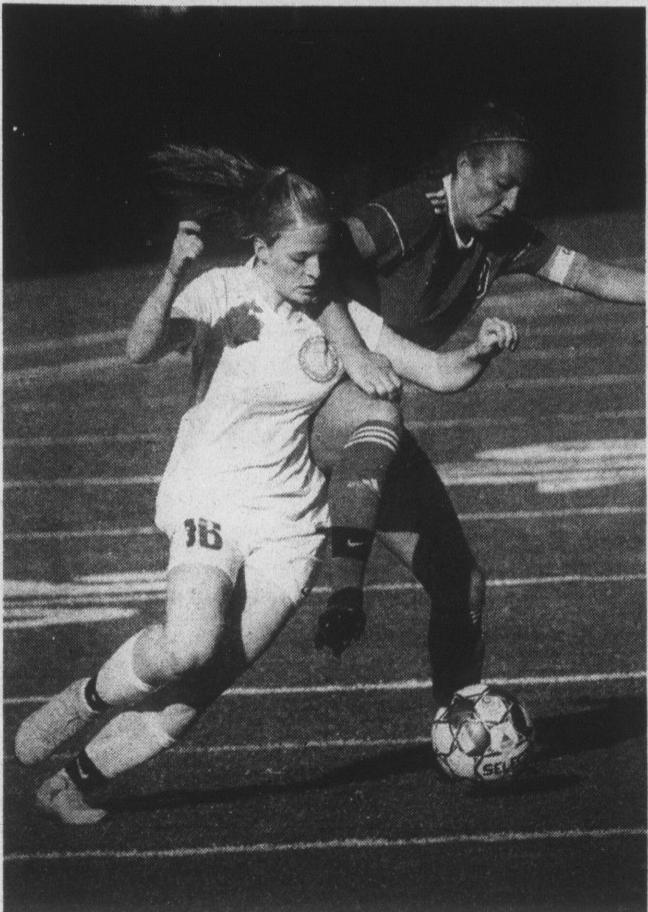
3

20

0

1

9

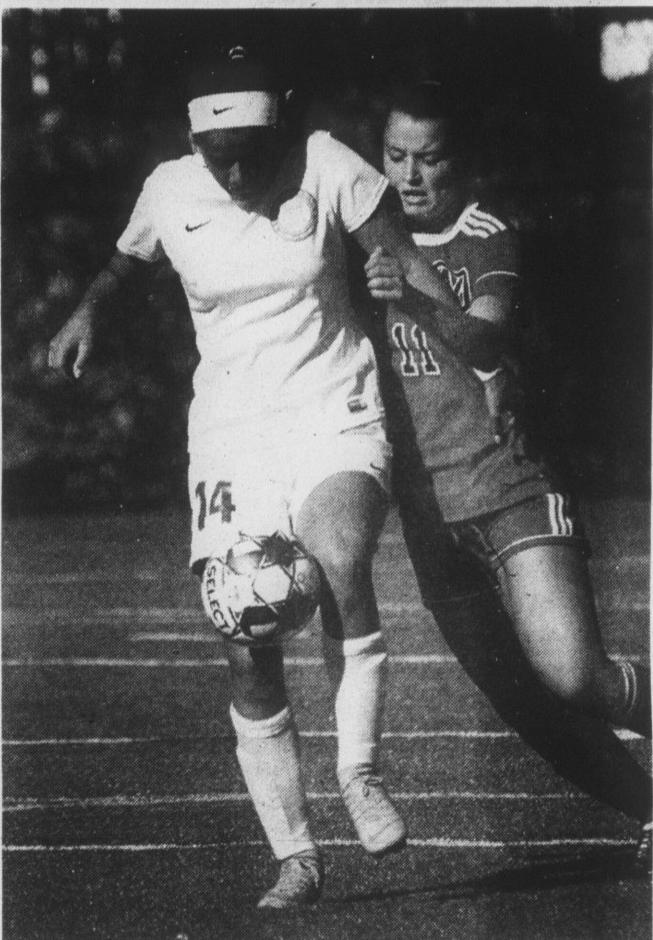


BOTH TEAMS played a tight defensive game. Quincy's Jill O'Toole and North's Mikayla Kennedy battle for control of the ball.

Quincy Sun Photos/Larry Carchedi



QUINCY'S ZAHRA OUANNASS looks up field as she is on the attack in the Red Raiders half of the field.



QUINCY'S Grace Ankara boxes out North Quincy's Sarah Pillone from the ball in the first half.

Shaughnessy (2 Goals) Leads Quincy Over NQ

Cont'd From Page 21

On both sides, the second half was a shutout. Although the Presidents controlled the ball early in it, the Red Raiders played stout defense and had a few strong shots as the game progressed. At the 60 minute mark, senior forward Rory Mahoney booted the ball from more than 20 yards out, but Quincy made the stop out in front of the center of the net.

"We have a really strong defense," DeCilio said of her team's second half performance. "Mikayla Kennedy and Sarah Pillone were definitely on their game. We shut their players down. Alexa Radzik came in and she marked them tight and didn't give them any scoring opportunities. I was really proud of them."

Defensively, Harmon said captain Grace Hobin, a centre back, shined for his team in what he called a team effort win.

"All of the seniors stepped up, leading by example," he said. "It was great to see some newcomers."

sophomores and juniors step up in their first North game and rise to the occasion as well."

With nine minutes left to go, both teams made a handful of substitutions, giving some of their younger players some minutes late in the contest.

For the Presidents, the victory is part of a stretch where they have been playing stronger soccer as of late. It came exactly one week after their 3-1 win over Milton, putting them at 2-2-0 in their last four matches. The win was also the Presidents' first against a fellow Patriot League team; Milton and Medford who they previously beat are both non-league opponents.

Since it was an in-city rivalry game, the stands filled up for the game, offering support to both teams. DeCilio said for her team, which was at home in the contest, it didn't amount to any added pressure.

"I just tell them it doesn't matter how many people are in the stands, what matters is playing for each other,"



NORTH QUINCY'S Rory Mahoney races the ball up field in the second half.

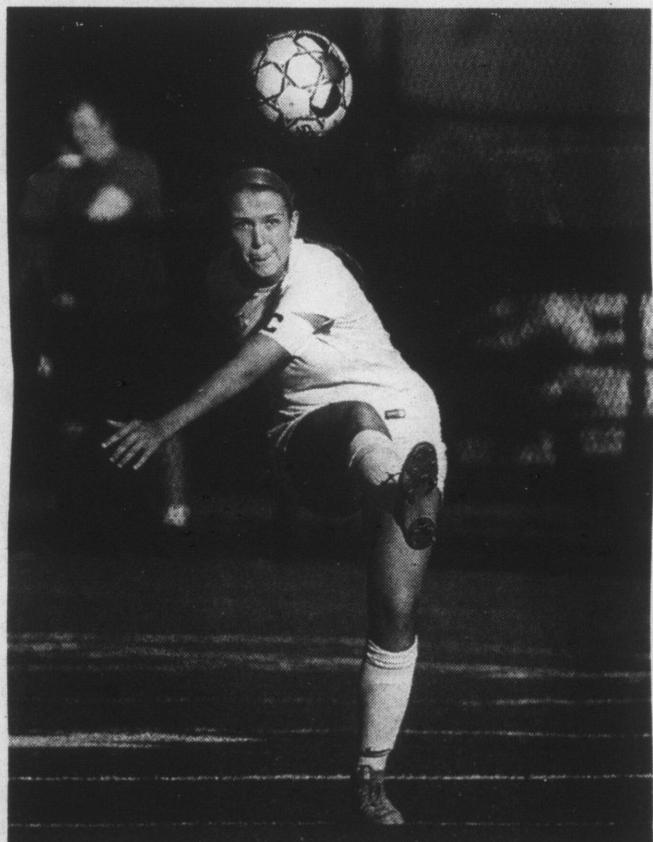
she said.

DeCilio said her team has been working on their ball movement at practice as of late, replicating different game-like situations as they

prepare for their future challenges.

Both teams have their share of experience with a combined 17 seniors between the two teams.

North Quincy has nine seniors on their team this season including: Olivia Murray, Brigid Duggan, Olivia Fitzpatrick and Marisa Riley on defense; Sarah Pillone, Phoebe Johnston, Al-



THE QUINCY PRESIDENTS held North Quincy's offense in check last Saturday at Creedon Field enroute to a 2-0 win over the Red Raiders. Here Quincy's Grace Hobin takes a free kick in the second half.

exa Radzik at midfield; and forwards Katie Whooley and Rory Mahoney.

Quincy's team has eight seniors this season: Grace Hobin, Ainsley Walsh, Kylie Herson, Melissa Knight, Tara McCleary, Jill O'Toole, Zahra Ouannass, and Taylor Kinsley.

The two teams will face off against each other once again later this season. That

game is scheduled for Friday, Oct. 18 at Veterans' Memorial Stadium at 7 p.m.

Burke Donates \$10,000 For Y Road Race

Quincy attorney George Burke announces he has made a \$10,000 donation to the South Shore YMCA for the George Trigger Burke Frozen 5K Road Race scheduled for Sunday, Jan. 5, 2020.

Burke previously donated \$10,000 to the South Shore YMCA for the George Trigger Burke Frozen 5K held last January which was a great success.

Burke has donated over \$100,000 to the YMCA over the years and said he enjoys giving to this organization.

Arts Council Applications For Cultural Grants

Quincy Arts Council is now accepting applications for Massachusetts Cultural Council 2020 Local Cultural Council (LCC) grants.

The LCC grants are the primary means by which the state funds cultural activities in local communities. Organizations, individuals, and schools engaged in providing programs in the arts, humanities, and interpretive sciences in Quincy may apply.

The deadline for applying is Tuesday, Oct. 15.

All applications are completed and submitted online. Paper applications are not accepted.

Applicants should review Massachusetts Cultural Guidelines and Quincy Arts Council Priorities before filling out the application. All materials, including the application, can be accessed and the application submitted at www.mass-culture.org.

For persons needing internet access, the Thomas Crane Public Library and its branch libraries, along with many other Massachusetts public libraries, have computers with internet access that are available to the public.

Quincy Arts Council was scheduled to hold a Public Information and Input Meeting, Wednesday, Oct. 2, from 5:30 to 6:30 p.m. at the Adams Academy Building, 8 Adams St., Quincy. This is an opportunity to learn, ask questions, discuss the application process, and offer reactions and recommendations about the Council's mission and grant-making process.

Persons with questions may also call Quincy Historical Society at 617-773-1144 or email quincyartsCouncil@gmail.com.

QHS Class Of 1979 Reunion Saturday

The Quincy High School Class of 1979 will hold its 40th reunion Saturday, Oct. 5 from 7 to 11 p.m. at the Furnace Brook Golf Club, 20 Reservoir Rd., Quincy.

Tickets are \$45 per person. No tickets will be sold at the door. Purchase them on Eventbrite:

<https://www.eventbrite.com/e/quincy-high-school-class-of-1979-40th-reunion-tickets-64386976179>

There will be a DJ and passed appetizers.

For more information contact Stephanie Coose: scoose5@verizon.net.

Rain Doesn't Dampen Houghs Neck Chowdafest

Cont'd From Page 6

Those attending paid \$5 and were given a ballot to vote for their favorite individual and restaurant after sampling the chowders. Proceeds benefit the Houghs Neck Community Council's community children's programs such as the Christmas tree lighting, Easter Bunny visit, and Fourth of July events.

"All of our children's programs are free," said Timcoo.

There were various clam chowder recipes and a few non-clam chowders.

Meredith Ernest brought her shrimp and corn chowder.

"It comes from down south where I grew up," she said. "It's a cream-based chowder with shrimp and corn."

Ernest is a returning champion, having won the title of best chowder in 2013.

"I thought I'd come back and give it another go," she said.

Tim Carey was assisted by his wife, Heather, in serving up two kettles of his clam chowder.

"I use whole belly streamers, onions, anchovies, pancetta, potatoes, shredded salami, heavy cream, butter, and milk," he said. "It takes a long time to cook it."

Carey said this is the first time as a contestant at the chowdafest, but hasn't been a stranger at the event.

"It's my first time competing, but, I've been here last three years," he said. "I love it here."

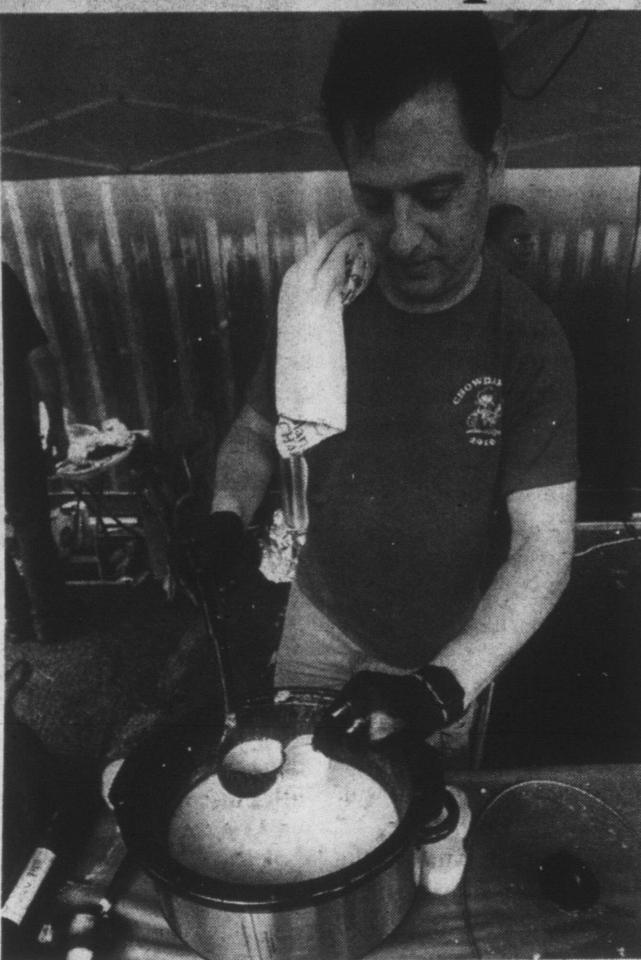
Walter Hubley served up his grandmother's clam chowder recipe.

"It's a Depression-era recipe, it's evolved over time," he said. "We recently found it after my parents moved many years and my sister gave it to me. I'm trying to do it justice."

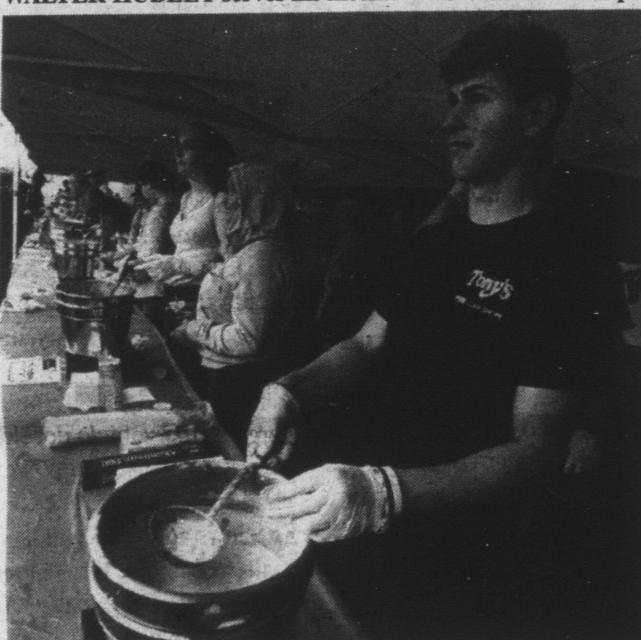
Fresh clams are the highlight of the chowder.

"The clams were just harvested on the ocean on Sunday," Hubley said.

Condensed milk, onions, pork salt, and half and half milk are the other ingredients.



WALTER HUBLEY serves his mother's clam chowder recipe.



MATTHEW KELLY of Tony's Clam Shoppe dishes out clam chowder.

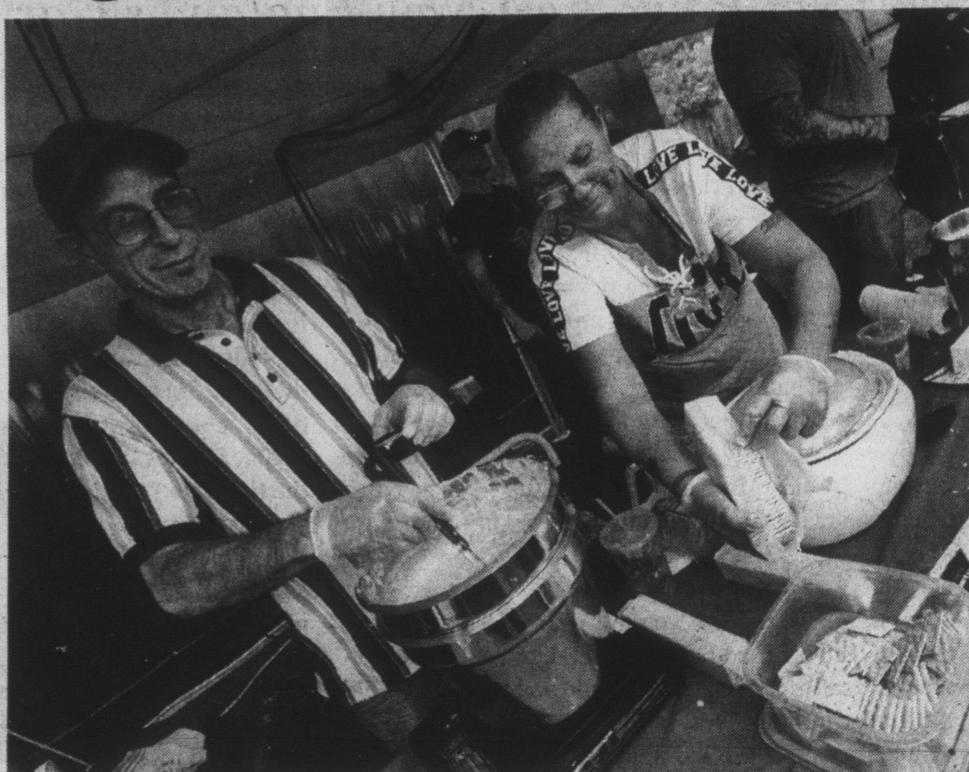
"I can't tell you more than that," said Hubley, wanting to keep the exact method under wraps.

Not only Houghs Neckers and Quincy residents attended the event, many came from far and wide.

Rob Gilbert came from Boston - his first visit to the chowdafest.

"I was visiting friends in Quincy and they wanted to come here and check it out," he said. "It's really great to be able to sample all these chowders."

In addition to the chowder samples, hot dogs and hamburgers were served by Boy Scout Troop 6 of



MICHAEL GOVANI serves up the clam chowder as Barbara MacDonald stocks the crackers.

Quincy Sun photos/Tom Gorman



ENJOYING THE CHOWDAFEST are "Houghs Neckers" from left Damian Figueroa, Elizabeth Chaisson, Brianna Cristiani, Maureen Cullen and Holly McLean.



THE 617 BAND Brooke Wilder and Brian Rojik entertain during the Houghs Neck Chowdafest.



BOY SCOUTS TROOP 6 of Houghs Neck serves hamburgers and hot dogs.



HUNDREDS ENJOY the 15th annual Houghs Neck Chowdafest.

OCT 3 2019

Transmission Fluid, Tires, Oil Filters, Memory Savers

Ask John Paul: AAA New England's Car Doctor

I have a 2014 Toyota RAV-4 Unlimited and I wanted to change the transmission fluid. I went to my mechanic and he said the transmission is sealed. He said he does not have the equipment to do such an oil change. Apparently, the service is performed by vacuum and heat. Why would a car manufacturer do something like this? The car has no dipstick and no drain plug. I would like to know if I drill a hole in the pan and drain the fluid and measure the fluid coming from it can I put another hole in the top of the pan and put transmission fluid in?

You might want to start with finding a new repair shop. Your Toyota – like many vehicles these days – does not have a conventional dipstick. The fluid can still be changed (it does have a drain) and can be refilled. The process is a bit tedious, but it can be accomplished. As for changing the fluid, according to Toyota's "normal" service table there is no need to change the fluid. If you use your RAV-4 for trailer towing, driving off-road or livery use, then you should follow the "severe" maintenance schedule and the fluid should be changed at 60,000 miles.

I have recently been car shopping for a four or five-year-old sedan. For any given car the array of models and option packages can be overwhelming when it comes to evaluating the asking price. It would be very helpful if car shoppers could somehow see an original window sticker to find out just what is included in a used car. In fact, while shopping at a Ford dealership the salesman went in the back and printed out a "new car" window sticker for a 2014 model I was looking at. When I asked how he accessed the window sticker, he would not say. Is there any way someone like myself can obtain factory window stickers for a used car being considered for purchase?

Car dealers will subscribe to a service that can reprint the Monroney (window) sticker. You can also get the same information, but you would have to purchase it for each car you looked at. I recently used a smart phone app, from www.IseeCars.com. The app allows you to scan or enter the car's VIN number. Once you have that information it will list major features, original price, market value, a link to recall information and similar cars for sale.

My elderly mother drives a 2003 Hyundai Elantra with approximately 60,000 miles on it. During a recent car repair the technician suggested she might want to consider replacing the tires. The tread is great, however, due to the age of the tires the side walls are drying out. The technician said it's not imperative she have the tires changed right now since she drives within a 10-mile radius of her home and puts hardly any mileage on the car. Her car passed inspection this week. What is your professional opinion? Should the tires be changed? If so, can you recommend a good, reliable, safe tire for city driving that is not too expensive?

Regarding tire brands, any new tire is better than a

16-year-old tire. When looking at tire age only, the typical safe life of a tire is considered to be somewhere between six to ten years. I would purchase four all season tires from a local tire dealer that is convenient and offers tires that fit into your budget.

Recently, while driving at 35 miles per hour in my 2016 Toyota Sienna, I heard a very loud noise from the rear of the vehicle. The third seat side passenger window exploded into multiple small fragments which covered the seat. Fortunately, there were no passengers aboard. The police, glass repairman and the car dealer had no explanation for this problem. It was only about 75 degrees at the time. Do you have any idea why this occurred?

Glass can shatter from stress, (the body flexes) poor installation, defective product and of course impact. The interesting thing about tempered glass is that even though it is much stronger than regular glass (and safer) it has a memory and if something hits it once, over time that nick may cause a fracture and the glass can burst into tiny pieces. I have looked for tech bulletins and didn't find any. As a minimum you should report the issue to NHTSA (www.safercar.gov) so it is on record. Readers have you had this problem with your Sienna, if you did email me, I would like to know.

I have a 1998 Mercedes-Benz 230 SLK and on the door it states the rear tires should be for summer tires size 225/50 R16 92V and for winter tires if needed 205/55 91H M&S. Recently the car was in the auto shop and they installed BF Goodrich 255/50 ZR16 99W tires front and rear. I have been told these tires would be dangerous in wet weather, that I could lose traction. I am 82 years and don't drive over 70 miles per hour, but is this a problem? The car seems to ride okay but should I change the tires to a smaller size as recommended by Mercedes? Thank-you for your column in the paper I read it whenever possible.

I would go back to the shop that installed the tires and have the correct tire installed. The replacement tires are almost three inches taller than the factory specified tire. In addition, your speedometer is now nearly an eight miles per hour error at 60 miles per hour.

My local Hyundai dealer has closed and as part of the sales agreement I was supposed to get several free oil changes. When I call their phone number one of their other dealers answered the phone and when I asked about the oil changes, they told me that they would honor the oil change certificates. When I asked about the oil filter, they said they would order the correct filter. What do you think about this?

Generally, I would say any aftermarket filter that meets or exceeds the factory specification is just fine. But in the case of your Hyundai I would ask the service department to order a Hyundai filter. Over the years Hyundai has been very specific about using the factory filter because of the drain-back valve design. The filter should be easy enough



JOHN PAUL
AAA's Car Doctor

to get and is the same price as most aftermarket filters.

I was looking under the hood of my car checking the oil and saw the battery connections were crusty and dirty. I want to clean them myself, but I'm concerned about disconnecting the battery. I have read online about engines that don't run and radios that don't work after disconnecting the battery. What can I do?

At AAA when our road service technicians go out and test a battery, they use a memory saver to ensure that the memory functions for the radio and seats remain. In addition, this keeps the car's computer from needing to go through a re-learn procedure. The other benefit of using a memory saver is if the car is due for a state inspection, you won't need to wait for the emissions monitors to reset. If you are a AAA member, we will come to you, clean the battery cables and use the latest equipment to test your vehicle's battery. If the battery is faulty you have the option to buy a battery that meets or exceeds the specifications of the factory battery.

I think I read about this before but at the time it didn't apply to me. But recently purchased a used Mazda with a i-ELOOP system. I asked the salesman about it (not a Mazda dealer) and he just said it was a type of hybrid. What exactly did I buy, and does it have a special/expensive hybrid battery?

The Mazda i-ELOOP system continually recovers kinetic energy as the vehicle decelerates and reuses it as electricity. The energy is used to power voltage-hungry systems in the vehicle to save fuel. The energy is stored in special designed capacitors and unlike most cars that charge the battery with an alternator that has voltage limited to 16 volts, the alternator in these cars can charge up to 25 volts. The battery is a 12-volt battery but specifically designed for this type of system. The battery is referred to as an enhanced flooded battery and not a conventional/typical lead acid battery or AGM (absorbed glass mat) battery. This is a specific battery for this vehicle and available on a limited basis. An AGM or conventional battery should not be used as a replacement.

Got a question for AAA's Car Doctor? Email John Paul at jpaul@aaanortheast.com.

AAA Milestone: Membership Reaches 60 Million Members

AAA has hit the milestone mark of 60 million members, making the motor and leisure travel organization one of the largest membership associations in North America. Since 1902, AAA has been an iconic brand that evokes feelings of safety, security and peace of mind, with 1 in 4 U.S. households today being proud AAA card-carrying members.

This achievement is a result of AAA's intense focus on meeting members' evolving needs in an ever-changing technology and travel environment while also staying focused on the qualities on which millions have relied for generations.

"AAA is incredibly grateful to each one of our 60 million members and we take their loyalty and trust in us seriously," said AAA national President and CEO Marshall Doney. "For 117

years, we have put members first with unwavering commitment. We will continue to provide them with quality service at the roadside, trusted travel expertise, unparalleled discounts and rewards, and leading traffic safety research and advocacy to ensure that everyone arrives home safely at the end of the day."

AAA knows innovation is key and strategic adaptation is necessary to stay competitive. Over the last decade, AAA has invested in digital solutions to meet evolving consumer expectations, including the launch of the AAA app, real-time text notifications and tracking en route roadside assistance. AAA has also introduced the ability to use home digital assistants to connect with AAA or request service through third-party apps, like Waze.

A century after society's

transformational adoption of the automobile, the association has made membership as easy as the touch of a button and more enticing. So much so that millennials – a tech-savvy generation – make up nearly 30% of AAA's new primary members.

"The AAA brand remains strong and relevant," said AAA Board of Directors Chairperson Bill Meekut. "Roadside assistance consistently is members' primary reason to join – and AAA handles more than 30 million calls a year. Yet, as our members' way of life evolves, so will AAA with relevant products and services that meet their needs."

As AAA looks to the future, the organization is exploring new mobility solutions and working to educate our members and others about the exciting possibilities and current limitations

of evolving vehicle technologies to help ensure a safe transition to mobility of the future.

"AAA has a reputation as one of America's most trusted brands and we will continue to live up to this

expectation as the association drives toward 70 million members," Doney said.



QUIRK FORD hosted a recent Car Show at Quincy High School to benefit the Presidents' boys hockey team. The event featured classic cars on display, "touch-a-truck," speed pitch, gladiator joust, bungee run, bungee basketball, disc jockey and food. Quirk Ford also offered free test drives in new Fords that helped raise money for the QHS hockey team (Ford donated \$20 to the team for each test drive). Among those attending the car show were (from left to right) Eileen Bukow, Mark Goodwin, Councillor at-Large Noel DiBona, William DelMonte and Kirsten Fowles.

Photo Courtesy William DelMonte

On Saturday, Sept. 21, at approximately 11 p.m., Officer Daniel Parisi was on patrol stopped at the red light on Beale Street at Adams Street when he observed the vehicle ahead of him had a left rear tail light out. When the light turned green, the vehicle made a left turn onto Adams Street and rapidly picked up speed.

The officer followed the vehicle which was now traveling over the speed limit and swaying about the travel lane, crossing the double solid line. Officer Parisi followed the vehicle to Furnace Brook Parkway, where the vehicle failed to signal for a right turn. While travelling west on Furnace Brook Parkway, the vehicle continued swaying about the lane while accelerating and decelerating erratically.

At the intersections of Furnace Brook Parkway and Quarry Street, the vehicle came to a complete stop even though there was a green light. The vehicle turned left without a directional so Officer Parisi, concerned that the driver/sole occupant could be intoxicated or ill, activated his emergency lights to stop the vehicle. The vehicle did not stop so the officer used his siren, which resulted in the vehicle stopping at the intersection of Copeland and West Streets.

The operator immediately threw one hand out the window and began yelling, "Why are you up my a##? Get the f@#\$ away from me. F@#\$ off. I will kick you're a##." Officer Parisi notified QPD dispatch of his location and immediately requested a second car. As he approached the vehicle, the driver yelled, "I am just going home. I live right there." The driver refused to provide his license and registration, stating, "No, why are you harassing me?"

A Job Well Done

By QUINCY POLICE LT. DAN MINTON

The driver dropped his hand down to the right side of his seat and out of the officer's view several times eventually coming up with a cell phone. He continued ranting, "I live in a sober house" while reaching into areas that concerned the officer for his safety. Based on the statements made by the driver, his furtive movements and his refusal to produce his license, he was ordered out of his vehicle.

Once the driver's door was opened, the driver began clutching the steering wheel, then made a fist and pushed the officer away. Officer Parisi warned the driver that he would be pepper sprayed if he did not comply but this only resulted in the driver becoming verbally threatening and violent.

After numerous warnings, the officer delivered a 2-3 second burst of pepper spray to the face of the driver, but it had no effect. The officer again tried to remove the driver's hands off the steering wheel but was unable to do so he gave another round of pepper spray but again it did not work.



Lt. DAN MINTON

Officer Bulger arrived on scene and both officers tried to talk the driver out of the car and when that didn't work, efforts were made again to break the driver's hold on the steering wheel.

Officer Parisi then used his baton and delivered a forward jab to his left arm area. This had the desired effect and the officers were able to pull him from the car. The driver then broke free and squared off with the officers in the middle of the street.

Multiple officers arrived on scene including K9 Officer Jackson, who ordered the driver to cease or the dog would subdue him. The driver refused to comply so the K9 unit was brought out. Officer Francis arrived on scene and used his Taser to briefly incapacitate the driver. The driver was quickly handcuffed and soon after started up with his combative nature. Once the scene was cleared, it was learned that the driver was involved in another incident earlier in the day with Officer Connell filing a domestic violence report where the driver allegedly told his wife, "You are a worthless piece of shit" and "I wish you would all die." (Referring to her and their 2 children). An emergency restraining order was granted on this call.

The driver, a 34-year-old Boston resident, was charged with, failure to stop for the police, reckless operation of a motor vehicle, refusal to produce license upon demand, assault and battery on a police officer (two counts), disorderly conduct and resisting arrest.

Nice Work!

QUINCY POLICE CRIME PREVENTION JOURNAL

Quincy Police Statistics

Sept 20 - Sept 26
Calls: 1126
Arrests: 34
Stolen Vehicles: 3

FRIDAY, SEPT. 20

ARMED ROBBERY, 12:24 a.m., Newport Ave. Someone robbed caller. White passenger van with two black males. White van with lettering is the suspect van; stolen van is a white possibly a Ford with New Jersey plates. Last known direction heading south on Newport. No weapon was seen. Suspect only reached for his pants/waistband. Burgin Parkway and Newport checked and clear all the way to Home Depot.

VALANDALISM/PROPERTY, 9:49 a.m., School St. Beige Toyota Camry keyed all the down the driver's side. Has video on premises. No suspect info. Possible neighbor problem.

VALANDALISM/PROPERTY, 10:08 a.m., Bersani Cir. Someone wrote "murder" in Chinese on his apartment door. Note was left in caller's mail box.

VALANDALISM/PROPERTY, 3:59 p.m., Centre St. Caller said someone threw a rock at her window. Outside pane and screen broken. Caller says it looks like her screen was cut with a knife.

SATURDAY, SEPT. 21

BREAKING AND ENTERING, 8:17 a.m., Phipps St. \$100 missing and car keys from table. Heard noises around 2 a.m. this morning. Male on the back porch last night, light skin, in his teens, black hooded sweatshirt on. Thought male was a friend of his daughter who arrived home last night.

VALANDALISM/PROPERTY, 10:00 a.m., Montclair School, 8 Belmont St. Temporary fence has been moved and area trespassed. Behind school near Belmont. Nothing appears to be damaged.

ARMED ROBBERY, 8:35 p.m., Everest Convenience, 121 Standish Ave. Black male with a knit mask. Had a gun. Went towards train station on foot. Wearing gray track suit. 5'9", black hoodie over head. Took all cash from drawer. No car was seen. Two-tone silver and black semi-automatic handgun. Face was covered by a mask, appeared young, about 25. Gray sweatshirt, pants, with white underneath arms and along side.

VALANDALISM/PROPERTY, 10:39 p.m., McGrath Hwy. Threw a rock. Black Kia Soul. Black male, white hoodie with white sneaker. Unknown direction where teenagers went. Gone on arrival. Caller did not remain on scene.

MOTOR VEHICLE LARCENY, 10:40 p.m., Russell St. Infiniti G37. Caller claiming to have suspect info.

SUNDAY, SEPT. 22

VALANDALISM/PROPERTY, 9:16 a.m., Davis St. LARCENY, 10:34 a.m., Brooks Ave. Possible scam.

LARCENY, 1:52 p.m., Washington St. Caller states her jewelry and son's rings were stolen.

VALANDALISM/PROPERTY, 3:12 p.m., 99 Granite St. Uber driver states a past customer is coming by to pick up their cellphone but driver said the customer damaged her vehicle.

VALANDALISM/PROPERTY, 5:48 p.m., Bird St. On-going issue. Caller says her car keeps getting vandalized.

LARCENY, 8:47 p.m., IHOP, 115 Parkway. Caller's purse was stolen from her at IHOP.

VALANDALISM/PROPERTY, 9:52 p.m., 80 Clay St. Caller states someone is vandalizing his vehicle. Liquid film on car. Also on other cars in lot. No vandalism. Party advised.

MONDAY, SEPT. 23

BREAKING AND ENTERING, 12:52 a.m., Copeland St. Caller says his cousin climbed the porch to the third floor, opened slider door from the balcony, took liquor from the house. Arrest made.

MOTOR VEHICLE LARCENY, 7:43 a.m., Fore River Clubhouse, 16 Nevada Rd. City truck. Suspect left a duffel bag and a cellphone. Will be brought in for evidence.

VALANDALISM/PROPERTY, 10:23 a.m., West St. To vehicle.

INDECENT EXPOSURE, 10:59 a.m., 99 Restaurant, 59 Newport Ave. Repeat customer, white male, about 70 years old, exposed himself to female server on Sept. 13.

VALANDALISM/PROPERTY, 1:16 p.m., Summit Ave. Golf ball through the window. Window broke. Blind is damaged. From the golf tournament.

TUESDAY, SEPT. 24

VALANDALISM/PROPERTY, 9:41 a.m., 45 School St. To vehicle.

VALANDALISM/PROPERTY, 2:42 p.m., Quincy Auto Auction, 196 Ricciuti Dr. Past vandalism to vehicle. Has suspect on video.

WEDNESDAY, SEPT. 25

ATTEMPTED LARCENY, 4:32 p.m., 2 Seaport Dr. Last seen ring yesterday. Staff searching premises.

LARCENY, 4:59 p.m., Holmes St. Caller had mail delivery and now it's gone.

VALANDALISM/PROPERTY, 5:10 p.m., Billings St. Rear window smashed with a rock.

THURSDAY, SEPT. 26

ASSAULT AND BATTERY, 12:22 a.m., 230 Quincy Ave. Caller states he was assaulted by a group of males. Caller states he is inside a building and the group of four

is in building next door. Brewster notified. Possible wrist injury. No suspect info.

LARCENY, 12:54 p.m., Stop & Shop, 65 Newport Ave. Cellphone taken from cart back in August. Insurance requesting case number.

LARCENY, 4:14 p.m., Winthrop Ave. Two packages stolen from porch.

MOTOR VEHICLE LARCENY, 5:04 p.m., Quincy District Court, 1 Ryan Pkwy. Black 2016 Mazda CX5. Son gave keys to a friend and won't return to owner.

ATTEMPTED LARCENY, 7:08 p.m., Harrington Ave. Credit card.

LARCENY, 9:06 p.m., Kwai Massage, 23 Beale St. Caller reports someone took a bag from her while at the business. Unable to gather a description or possible direction of flight.

LARCENY, 11:36 p.m., CVS, 626 Southern Arty. Occurred in last 15 minutes. White male, dark clothing, unknown direction of flight. Suspect's card got declined and they took medication and fled.

If anyone has more information about any of the aforementioned incidents or would like more information, contact Crime Prevention Lieutenant Dan Minton at 617-745-5719

STOLEN MOTOR VEHICLES: Ryan Parkway, Russell Street, Nevada Road.

CAR BREAKS: 530 Willard St., Old Colony Avenue, Broad Street, Bennington Street, 125 Granite St., Whitney Road, Greenview Street

BREAKS AND ATTEMPTED BREAKS: Phipps Street, Copeland Street

If you have information on the above crimes, drug activity or any crime, please call the Quincy Police Detective Bureau at 617-745-5764 or log onto the following website: <http://tinyurl.com/ytf6td>.

To report suspicious drug activity, call the Drug Hotline at 617-328-4527. You will not be required to identify yourself, but it could help. To make an appointment to view the Registered Sex Offenders book, call Detective James Dentremont at 617-745-5755.

To contact the Crime Prevention Officer for tips or comments, my direct line is 617-745-5719. My e-mail address is dminton@ci.quincy.ma.us -- Lt. Dan Minton

Entries in the Quincy Police Crime Prevention Journal are compiled and submitted by the Quincy Police Department.

They are published by The Quincy Sun as a public service to make local residents more aware of any crime activity in their neighborhood. Questions concerning the Quincy Police Crime Prevention Journal list should be directed to Crime Prevention Officer Lt. Dan Minton, 617-745-5719.

OCTOBER 3, 2019



RED RAIDER Flag player Keegan Sampson puts on his Game Face in a recent game vs Quincy Granite at Veterans' Memorial Stadium.
Photos Courtesy Amy Sampson



RED RAIDER running back Declan O'Hare (#6) carries the football as Granite defender Oliver Murphy (#21) closes in.



MANETS QB Sean Sampson (#1) hands off the Football to his teammate.

Quincy Youth Football Week 4 Highlights

As Quincy Youth Football enters the midway point of the Bay State Conference regular season, the playoff chances for several grades in QYFCA are optimistic. But first Quincy United had to focus their attention on Norwood and Weymouth for pivotal matchups that could factor into playoff hopes.

Grade 8 - The North Quincy Apaches remained undefeated (4-0) as they defeated Norwood 26-8. Enhea Panariti out jumped two Norwood defenders to make a great catch on 25 yard pass for Quarterback Charlie Baker the opening drive, and Noel Sancho had a 35-yard touchdown run. Coaches also got solid games from Michael Campbell, Aston Harris, and Brian Wolowicz. The Hudach brothers, Dan and Ben, also both chipped in with second half touchdowns in the victory for the Apaches.

Grade 7 - Coming off an emotional victory last week, The Quincy United 7th Grade team also visited Norwood Sunday morning. Quincy entered the game missing a few players due to injuries, and had a rough

start as Quincy turned the ball over on their first two offensive possessions.

Norwood capitalized scoring touchdowns on each of the Quincy turnovers. Norwood added another touchdown before halftime making it a 22 to 0 lead at the half. That would be the final score as Quincy failed to produce any points even though they drove the ball inside Norwoods 10 yard line on three separate drives.

Quincy Head Coach Mike Flavin went with backup Quarterback Matthew Toland for the second half. Toland ended the game 6 of 10 for 113 yards passing, and was also a defensive starter. Flavin said of Toland, "Matt played really well today. He kept the ball moving, made some nice passes and kept the team upbeat. I'm really proud of Matt."

Also playing well for Quincy United was Mark Zaborowski, Phillip Le, Justin Silva, Thomas Chan, Joe and Mike Nista, Jovany Morales, Donovan O'Connell, Max Francouer, Henry Lebo, and Alex Martinez.

Martinez has turned out

to be one of Flavin's top play makers.

"Alex plays and practices with 100 percent effort every day. Alex has a future in football well after the youth level," Flavin said.

Quincy United plays at first place Natick next Saturday. As the season hits the half way point Quincy United is still alive in the playoff picture.

Grade 5 - Mecca Limage opened the scoring for Quincy United 5th graders with a 5 yard touchdown, the conversion failed but Quincy took an early 6-0 lead. Later in the first half, Ryan Sampson threw 2 touchdowns in the second quarter, connecting with Nick Monteroro Spagnolo for Quincy's second touchdown, and a 60-yard hook up with Limage for an 18-6 halftime lead over the Mustangs.

The second half was more of the same, as Limage added a 30-yard touchdown run, and Jonas Ala made a successful conversion attempt to increase Quincy's lead to 25-13. Limage reached the endzone again in the fourth quarter to close out the scoring and the 31-



APACHES RB Brian Lavey (#12) carries the Football as Red Raider defender Oshean Flaherty (#2) closes in.

13 win for Quincy United 5th grade.

Offensively, the fifth grade team was led by strong performance on the offensive line led by Dante Marinelli, Breven Lyons and Gavin Brown. Nick Ambroult had 100 total yards, Nick Spagnolo 3 receptions for 80 yards and a touchdown, and Jonas Ala chipped in with 75 yards on the ground.

The defense made it hard all day for Norwood to move the ball. The defensive was led by Captain Patrick Connor 15 tackles, and solid performances by Myles Ryan, Adam Austin, Blake Nelson, Eric De Lima, Gavin O'hare Julian Wall-Vintinner and Cullen McSweeney.

Grade 4 - Quincy United 4th grade is still trying to find their way through a tough first half of the season. A slow start had Quincy down early and Norwood capitalized as Quincy fell to a good Mustangs team.

Some bright spots for Quincy were the play of tightend Ben Vines, wide receiver, David Kiley, wide receiver Cash Murphy and Quarterback John Barron. Barron showed poise under pressure trying to bring Quincy back but the club fell short.

The 4th grade team will look to get back on track next week at Natick.

Grade 3 - Quincy United 3rd Grade Squad remain Undefeated at 4-0 with 32-0 victory at Norwood on Sunday. Quincy QB Trevor Gardner connected with Logan Mann on a 20-yard pass. Gardner rushed for the extra point. On the next series running back Jairo Fernandez took a jet sweep for a 65-yard touchdown, and Gardner again added the extra point to make it 14-0.

Gardner threw for two more touchdown passes of 45 yards & 15 yards to Michael Boyle to make it 26-0 after 3 quarters. Running back Shane Vey added the final score on an 18-yard run as

Quincy defeated Norwood 32-0.

The Quincy coaching staff praised the efforts of Cillian Conner, Jacob Cory, Joe Burke and Evan McElhinney in their victory over Norwood.

Quincy Youth Football Flag League is also underway, as the teams played Sunday afternoon at the Stadium, while tackle teams were on the road. The flag program consists of 2 levels, grades K-2, and 3-4th grade. The K-2 teams are the Panthers, Elks, Manets, Granite and Red Raiders and Milton Wildcats, and grade 3-4 teams are Apaches, Storm, Red Raiders, Presidents, and two teams from Milton Wildcats.

Next week the Apaches and Quincy United grades 7, 6, 5, and 4th will head out to Natick, while the 3rd graders will be home on Sunday morning to face Natick, and the Jr Presidents will host Milton.



GRANITE RB Jackson Halpin (#22) carries the Football as Manet defender Domenic Lomanno (#6) and Max Vininsky close in

Q-NQ Football Hall Of Fame Committee Membership Meeting Oct. 8

The Quincy/North Quincy Football Hall of Fame committee will be holding a general membership meet-

ing on Tuesday, Oct. 8th at 6:30 p.m. at the Quincy Sons of Italy.

Topics to be discussed

include the 2019 Hall of Fame nomination process, the banquet, a financial report and general business.

Due to scheduling conflicts

**HOUSEHOLD
HAZARDOUS WASTE
DROP-OFF Day**

**will be
POSTPONED
until
Saturday,
October 12, 2019**

Including paper shredding

The Department of Public Works apologizes for any inconvenience caused by this sudden change.

Call the Waste and Recycling Division with any questions at 617-376-1953.



OCT

3

2019

First Baptist Church Of Wollaston

Sunday morning worship begins at 10:30 a.m. at First Baptist Church of Wollaston, 81 Prospect Ave., Quincy. Everybody is welcome.

Prior to the Sunday worship service is an English Bible Class in the Chapel at 9:15 a.m. A Vietnamese Bible Class begins at 9 a.m. Contact Pastor Duc at ducphamboston2015@gmail.com.

Serving the church for this Sunday will be greeter Beverly Moulton. Pastor David Choi will preach his sermon: "Crown of Life" (James 1:12). A fellowship hour of conversation and light refreshments will follow the service.

Looking for in-depth Bible discussions? Join the Thursday Bible Class at 7 p.m. Have fun learning the Bible in Christ.

Wednesday Community

Final Beach Church Sunday

Beach Church, a ministry of Christ Church Mobile Ministries, will conclude for the year with Communion on Wollaston Beach this Sunday at 8 a.m.

The service will be held on the beach between the

Group (Gospel of John) at 6:30 p.m.

Thursday Bible Class (The book of Romans) at 6:30 p.m.

Friday Prayer Meeting (Psalms) at 11 a.m.

The church office is open 10:30 a.m. to 5 p.m. Tuesday, Thursday and Friday. Contact number is 617-472-0824 or visit the website www.First-BaptistChurchOfWollaston.org for updates and activities.

Pastor David's contact number is 617-213-0392; 11 a.m. to 6 p.m. Tuesday through Friday.

All areas of the church are handicap accessible.

Bible Trivia: In second Chronicles, who commanded the children of Israel to tithe? **Read II Chronicles 31: 2-5** (Last week's answer: B-Jehoash).

a. Ephraim b. Manasseh
c. Hezekiah d. Isaiah

Squantum and Wollaston Yacht Clubs. Held weekly throughout the summer and early fall months, the 30-minute services are designed to give people an opportunity to worship God in the beauty of one of the

RELIGION

Houghs Neck Congregational

The Sunday morning service of worship at the Houghs Neck Congregational Church, 310 Manet Ave. starts at 10 a.m.

Liturgist Shirley Pearson will give the welcome and call to worship. Moe Flores, Joe Flores, Susan Stimpson and Glenn Brown will serve for the Diaconate.

Pastor Stephen Vandergift will lead the communion service and preach his sermon. All are welcome.

The By The Sea Holiday

Bethany Congregational

On Sunday Oct. 6, Bethany Congregational Church will celebrate the start of Sunday School, as well as participate in World Communion Sunday. Services will begin at 9:30 a.m.

Bethany Church is located at 18 Spear St., Quincy,

gems of the East Coast, Wollaston Beach.

The Rev. Martha Swanson is the founder and director of Christ Church Mobile Ministries, an organization

Fair will be held Friday, Oct. 25 from 6 to 9 p.m. and Saturday, Oct. 26 from 9 a.m. to 3 p.m. at the church.

Admission is free. Friday night dinner is available for purchase. On Saturday, breakfast, lunch and snacks are available for purchase.

Toiletry donations will be accepted for DOVE, Inc. (Domestic Violence Ended.).

The fair will feature crafts, bake sale, resale shop, gift baskets, raffles and a bling boutique.

The By The Sea Holiday

behind the Thomas Crane Library. Rev. Patrick McCorkle will conduct the service and preach.

Fellowship hour (coffee and light snacks) to follow the service. The public is welcome

that is committed to bringing the Gospel beyond the church doors. She is an Ordained Congregational Minister and a resident of Wollaston.

Quincy Point Congregational

Oct. 6 is World Communion Sunday and worship begins at 10 a.m. at Quincy Point Congregational Church, 444 Washington St. New music director, Jeanne Lucas recently announced a Jump in Choir.

"On Oct. 6, we celebrate World Communion Sunday and the idea that we are all connected," Lucas said.

"When we share Communion, the many become one. We share one bread. We become one body in Christ. We sing with one voice. And this Sunday the choir wants your voice to join us in the Jumpin Choir!"

"This Sunday, you are invited to come at 9:00 before worship, learn a simple song

with us, and join us in singing it as the morning's anthem. All ages. No commitment. No experience necessary. Come and sing!"

The sanctuary is accessible to all with designated parking and an elevator via the Abbey Road side of the building. After worship gather in the downstairs Social Hall for coffee and light refreshments.

A Pumpkin Patch Fair will be held Saturday, Nov. 2 from 9 a.m. to 3 p.m. Anyone interested in Ellen's Famous Apple Pies can pre-order by calling 617-773-6424 or download a form from Facebook or Twitter. The pies are 9-inch and you can choose from baked or frozen, double crust or crumb top.

Wollaston Congregational

Wollaston Congregational Church, United Church of Christ, 48 Winthrop Ave., Quincy, will host a Community Fair and Spaghetti Dinner Sunday, Oct. 20.

The fair will be from 3 to 5 p.m. Dinner will start at 5 p.m.

The fair and dinner are free and open to the community; donations received.

Meet and celebrate the community groups who use the church building, including Wollaston Hill Montessori Preschool, Wollaston Garden Club, Altrusa, scouts, All Hands In Sewing Studio, 12 Step Programs, Kenny Academy, Mel-O'Drama, South Shore Ceili, Art of Living Yoga, Yoga 4 U and more.

Christian Science

First Church of Christ, Scientist
1460 Hancock Street, Quincy
617-472-7099

Sunday Services
and Sunday School
10:30 a.m.



Wednesday Evening
Meetings – where
testimonies of healing
are shared 7:30 p.m.

ALL ARE WELCOME!

Nazarene

WOLLASTON
CHURCH OF THE NAZARENE
37 E Elm Ave, Quincy MA 02170 ~ office@wollastonnazarene.org
617-472-5669

A Church for EVERYONE!
8:00 AM ~ "Word and Table" Service
10:00 AM ~ Worship Service
11:15 AM ~ Weekly Small Groups

Pastoral Staff

STEPHEN "STRETCH" DEAN, LEAD PASTOR
JENNIE DOANE, VISITATION PASTOR
MELISSA JOHNSTON, WORSHIP COORDINATOR
BEVERLY KELTHIER, CHILDREN'S PASTOR
CHELSEA MAYNARD, SPIRITUAL FORMATION PASTOR
ANDREA SAWTELLE, YOUTH PASTOR

Find us on the web at www.wollastonnazarene.org and



Methodist

QUINCY COMMUNITY UNITED METHODIST CHURCH
40 Beale St., Wollaston
617-773-3319
10:30AM Sunday Worship
Rev. JongWook Hong

Salvationist

THE SALVATION ARMY
6 Baxter St., Quincy • 617-472-2345
9:45AM CHRISTIAN EDUCATION

11AM WORSHIP SERVICE
BRASS BAND MUSIC
NOON THURS. WOMEN'S FELLOWSHIP
6:30PM WEDS. BIBLE STUDY

Non-Denominational

LIGHTHOUSE FELLOWSHIP
73 Newbury Ave., N. Quincy
Worship & Children's Church 10AM
Pastor Mike Fehan
617-847-4444
Mid-week studies & youth group
mjfehan@gmail.com

Quincy Religion Directory

SERVICES & ACTIVITIES

Catholic

Sacred Heart Church
"A Roman Catholic Community walking together in Faith, Worship, Education and Service".
386 Hancock St., North Quincy, MA 02171
(617) 328-8666

Sunday Masses
4PM (Saturday)
7:30 & 10:00AM and 6:00PM

Weekday Masses
Monday & Saturday 9AM

Handicapped Accessible Confessions
Sat. 3-3:45PM in Saint Joseph Oratory

St. Joseph's Church
550 Washington Street
Quincy, MA 02169 • 617-472-6321

SUNDAY MASSES:
4 p.m. (On Saturday)

8:30 a.m. and 10:30 a.m.

Weekday Masses:
Mon., Tues., & Thurs. 9a.m.

CONFESIONS: Saturday, 2:30-3:30 pm
Handicapped accessible &
Handicapped parking, side entrance
Air-conditioned

Holy Trinity Parish
Come and Worship!
Most Blessed Sacrament Church

1031 Sea St.

WEEKDAY MASSES

9:00AM Tuesday and Thursday

WEEKEND MASSES

4:30 PM Saturday and

8:30 AM Sunday

CONFESIONS: 3-4PM Saturday

Rev. Martin Dzengoleski- Pastor

Phone: 617-479-9200

EMAIL: holytrinityquincyma@gmail.com

visit: www.holytrinityquincy.com

Congregational

HOUGH'S NECK CONGREGATIONAL CHURCH
310 Manet Avenue
617-479-8778
www.hncong.org

Sunday Worship Service at 10 a.m.

Pastor Stephen Vandergift
will lead the service and
preach his sermon
All are welcome to attend

FELLOWSHIP COFFEE HOUR FOLLOWING SERVICE

BETHANY CONGREGATIONAL CHURCH
Spear & Coddington Streets
Quincy Center, 617-479-7300
www.bethanycongchurch.org

Sunday Worship Service at 9:30AM

The Rev. Patrick McCorkle
will conduct the service
and preach his sermon

Fellowship following the service

Church is handicap accessible

Quincy Point Congregational Church
United Church of Christ
444 Washington St.
(617) 773-6424
www.quincypointcong.org

Sunday Worship and Sunday School at 10 am

Elevator Access via Abbey Rd

Rev. Kimberly Murphy, Pastor

Jeanne M. Lucas, Director of Music

Angelina DeCristofaro, Youth Dir.

Congregational

Wollaston Congregational Church
United Church of Christ
48 Winthrop Avenue
Quincy, Massachusetts

Inclusive Family Worship at 10 a.m.

Elizabeth J. Williams Pastor

617-773-7432
www.wollastonucc.org

Unitarian Universalist

United First Parish Church
A theologically liberal congregation, encouraging people to seek their own spiritual path. All are welcome.

Worship Service & Church School:

Sundays at 10:30 AM

Followed by Fellowship & Refreshments

Rev. Rebecca Froom

1306 Hancock St., Quincy

www.ufpc.org

Church of Christ

CHURCH OF CHRIST IN MILTON
330 Edge Hill Rd., Milton, MA 02186 • 617-274-2409

www.churchofchristmilton.org

Maurice Davis, Minister

SUNDAY WORSHIP

8AM, 11AM and 6PM

Sunday Bible Study 9:45AM

Tuesday Bible Study 11:00AM

Wednesday Bible Study 7:00PM

3rd Friday – Couples 7:30PM

4th Friday – Youth 7:30PM

OBITUARIES

John T. Doherty, 80

A funeral Mass for John T. Doherty, 80, of Quincy, formerly of Dorchester, will be celebrated Thursday at 10 a.m. in St. Ann's Church, Quincy.

Mr. Doherty died peacefully Sept. 27, surrounded by his loving family.

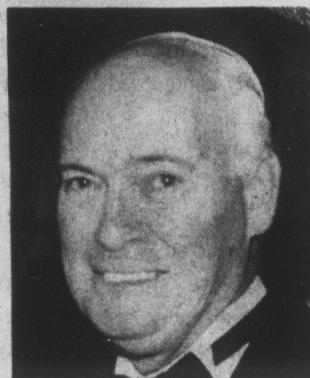
Born in Boston, he was raised in Dorchester and was the son of the late Michael and Margaret (Sullivan) Doherty. Mr. Doherty attended local schools and graduated from Boston College High School with the Class of 1956. Following high school, he continued his education at Boston College where he earned his undergraduate degree in physics. After college, he enlisted in the United States Army and proudly served his country during the Vietnam era. He was honorably discharged on July 14, 1962.

Mr. Doherty's career was spent working as a computer programmer. For the majority of his career, he worked for the Foxborough Company. After over thirty years of service, he happily retired in 2001.

In his spare time, he enjoyed reading, learning about history and studying various subjects. A proud lifelong student, he valued education and never stopped trying to learn new information or try new things. Mr. Doherty enjoyed watching sports, both baseball and football, as well as history documentaries. He loved to travel and see new places. He and his wife called it their adventures and if they ever were lost, Mr. Doherty would say, "We aren't lost, it's just an adventure!" One of his favorite places to travel to was Foxwoods. His other two favorite places, though more local, were the McKeon Post in Dorchester and Darcy's in Quincy.

A family man, Mr. Doherty's wife, children and grandchildren were the most important part of his life. They gave him much enjoyment and he loved being a father. He always attended his grandchildren's sporting events and enjoyed taking them for ice cream where he would enjoy his favorite coffee or strawberry milkshake.

Mr. Doherty was a gentle and patient person. He was



JOHN T. DOHERTY

known by his children's friends as "Mr. Mellow," because he was always very calm and wouldn't let the small things get to him. A humble man, he could laugh at himself when he was wrong or being silly about something. His strong will, intelligence, determination and loving demeanor is his legacy that continue through his children and grandchildren. He will be missed by all the lives he touched.

Mr. Doherty was the beloved husband of Rose M. Doherty. The two married on Sept. 7, 1963, at St. Margaret's Church in Dorchester. Together, they shared 56 loving years of marriage. He was the devoted father of John P. Doherty, Susan M. O'Reilly and her partner Chris Vassalli, Michael J. Doherty and his partner Kristie Huse, all of Quincy and Linda M. Vassalli and her husband Stephen of Braintree. He was the loving papa of Ashley, Justin, Shannon, Michael, Allison, Isaac, Victoria, Haley, Jacob and Jake. He was the dear brother of Mary Manseau and her husband Bill of Tewksbury, Joseph Doherty and his late wife Dianne of Weymouth, Paul Doherty and his wife Denise of Dorchester, Rita Marnell of Hanson, the late Frank Doherty and the late Daniel Doherty and his surviving wife Dianne of Georgia. He is also survived by many loving nieces, nephews, extended family and friends.

Visiting hours were 4 to 8 p.m. in Keohane Funeral Home, 785 Hancock St., Quincy. A celebration of life service will be held there at 9 a.m. Thursday.

Private interment.

Memorial donations may be made to St. Jude Children's Research Hospital, 501 St. Jude Place, Memphis, TN 38105.

Honor Your Loved One's Memory With Flowers

cliffords.com
1.800.441.8884

Joan M. Keefe, 91

A funeral Mass for Joan M. Keefe, age 91, was celebrated Tuesday in St. Ann's Church, Quincy.

Ms. Keefe died peacefully at Hancock Park Nursing and Rehabilitation Center on Sept. 26 after a long illness.

She was the dearly beloved daughter of the late William J. Keefe and Louise B. Keefe of Quincy and the beloved sister of Louise A. Keefe, of Quincy, with whom she lived for many years, and Thomas L. Keefe and his wife Carol A. Keefe, of Tewksbury. Loving sister of William J. Keefe, Jr. (deceased) and his wife Joanne of Braintree, George B. Keefe (deceased) and his wife Maureen of South Yarmouth, Paul R. Keefe (deceased) of Norwell, and the Rev. Ambrose K. Keefe, O.S.B., (deceased) of Richmond, VA. Loving aunt of 7 nephews and 4 nieces, and their families, and beloved cousin of Marilyn T. McLean of Jamaica Plain.

Ms. Keefe graduated from Quincy High School in 1946. After graduating from Boston University School of Practical Arts and Letters in 1948 with an Associate's Degree, she worked as a legal secretary for Attorney John D. Smith. During that time, she attended Boston College Intown School. In 1954, Ms. Keefe received a Bachelor of Arts Degree from St. Joseph's College in Emmitsburg, MD.

She worked as a medical social worker at the Boston Sanatorium while studying for a Master's Degree in social work, received in 1960. Ms. Keefe worked as a medical social worker at St. Joseph's Hospital in



JOAN M. KEEFE

Yonkers, NY and then at the New England Medical Center. She transferred to the Medicaid Program of the Commonwealth of MA as a medical assistance program advisor for the Brockton Region and then for the Central Office in Boston as a director and program manager until her retirement in 1992.

Ms. Keefe enriched her life and that of her sister, Louise, by her participation in cultural activities, art exhibits and lectures, Boston Symphony Orchestra concerts, and Theatre Guild plays. She enjoyed traveling and visiting gardens and museums and was an enthusiastic bird watcher. Upon her retirement, Ms. Keefe volunteered in the Elderly Outreach Program at St. Ann's Church and was a faithful admirer at Eucharistic Adoration at St. Ann's and Sacred Heart Churches.

Interment at Milton Cemetery.

Memorial donations may be made to St. Ann's Church, 757 Hancock St., Quincy, MA 02170 or MA Audubon Society, Development Office, 208 South Great Rd., Lincoln, MA 01773.

Funeral arrangements were made by Keohane Funeral Home, 785 Hancock St., Quincy.

Zachary T. Feetham, 27

A Mass of Christian Burial for Zachary T. Feetham, 27, of Attleboro and formerly of Franklin and Quincy, was celebrated Sept. 27 in Ann's Church, Quincy.

Mr. Feetham died unexpectedly Sept. 21.

Born in Stoneham, he was the loving son of Curt Feetham of Pembroke and Melissa (Mulcahy) Feetham of Attleboro. Mr. Feetham was a graduate of Franklin High School and went on to join the United States Army, serving in both Iraq and Afghanistan.

He enjoyed music, fishing, working out, and was an avid Boston Bruins fan. The greatest joys in his life came from time spent with his family, especially his daughter Juliana.

Mr. Feetham was the

brother of Michael Feetham of Worcester, Jillian Blumenthal of W. Bridgewater, and Madison Feetham of Whitman. He was the grandson of Carol Feetham of Quincy, and the late Charles Feetham, and William and Elizabeth Mulcahy. He is survived by his partner Crystal Gjevg, and his loving daughter Juliana Feetham, both of Attleboro.

Interment at Blue Hill Cemetery, Braintree.

Funeral arrangements were made by Keohane Funeral Home, 785 Hancock St., Quincy.

Memorial donations may be made to the Juliana R. Feetham Benefit Account, C/O Rockland Trust Company, 490 Pleasant St., Attleboro MA 02703.

Samuel P. Volpe

A funeral service for Samuel Paul Volpe, a lifelong resident of Quincy, was held Tuesday in Boston Cremation, 116 Franklin St., Quincy.

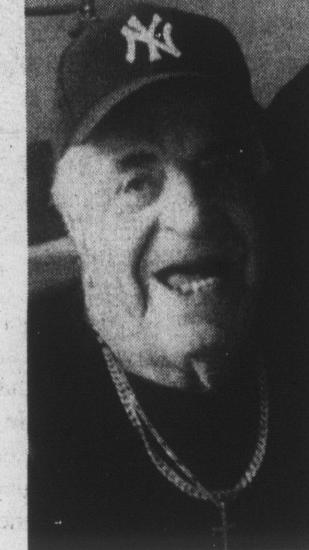
Mr. Volpe died peacefully Sept. 27, one day shy of his 97th birthday.

He was the husband of the late Pearl May (Parody) Volpe for 63 years. Born on Sept. 28, 1922, in Quincy, he was the loving son of the late Dominic and Lina (Ritucci) Volpe. Mr. Volpe was one of eight children from their close Italian family, all of whom were also lifelong Quincy residents. He was preceded in death by his siblings Alba, Pamie, Americo (Trigger), George, Flora, William, and Mary.

Mr. Volpe is survived by his daughter Donna Driscoll and her husband John Driscoll of Milton, as well as his son Paul Volpe of New York. He was the cherished 'Papa' of Mark Driscoll of Winchester and Jacqueline DeFreitas and her husband Robert DeFreitas of Milton. He was very proud to have become the beloved great grandfather, 'Papa Sammy,' of Jacqueline and Rob's children, Lucy Amelia and Charles Samuel DeFreitas. He is also survived by all of his loving nieces and nephews of the Volpe family.

Interment at Blue Hill Cemetery, Braintree.

Memorial donations may be made to the Semper Fi Fund, semperfifund.org/donate.



SAMUEL P. VOLPE

Sheet Metal Workers Local 17 union. Sam served the nation as a member of the US Marine Corps during World War II. He was stationed in the Pacific during the war and exemplified the expression, "Once a Marine, Always a Marine," throughout his life, becoming a member of the local VFW and serving as one of their post commanders. He also proudly flew the USMC and US flags in his beautiful yard at his home on Rawson Road. Mr. Volpe was an avid gardener who enjoyed spending his time outdoors while working on having "the greenest grass in Quincy" as well as a healthy garden full of tomatoes and hot peppers.

Interment at Blue Hill Cemetery, Braintree.

Memorial donations may be made to the Semper Fi Fund, semperfifund.org/donate.

Jeffrey W. Connors, 57

A funeral Mass for Jeffrey W. Connors, 57, of Weymouth, formerly of So. Boston, was celebrated Wednesday in St. Ann's Church, Quincy.

Mr. Connors died peacefully, surrounded by his loving family, on Sept. 26 at the Seasons Hospice in Milton.

Born in Boston, he was

raised in So. Boston and was the son of the late John and Patricia (Ford) Connors. Devoted father of Kristen Connors of Quincy, Taylor Connors of TX, Chloe Connors of Dorchester and Aidan Connors of Norton. Dear brother of James Connors.

Private interment.

Funeral arrangements were made by Keohane Funeral Home, 785 Hancock St., Quincy.

Memorial donations may be made to the Gavin Foundation, gavinfoundation.org/donate.

Marie Sophie L. Tidwell, 87

A funeral Mass for Marie Sophie L. (McHoul) Tidwell, age 87, was celebrated Monday in St. Joseph's Church, Quincy.

Mrs. Tidwell died Sept. 26.

She was a lifelong Quincy resident. Mrs. Tidwell worked at Armstrong Cork World Industries in Braintree for many years. She was a devout parishioner of St. Joseph's Church in Quincy.

She was the devoted

OCTOBER
3
2019

Joseph A. Godfrey, 73

A funeral Mass for Joseph A. Godfrey, 73, of Quincy, will be celebrated Saturday at 11 a.m. in St. Ann's Church, Quincy.

Mr. Godfrey died unexpectedly at home on Sunday.

The beloved husband of 48 years to Carolyn M. (Pike) Godfrey of Quincy. Loving father of James J. Godfrey and Brian Godfrey both of Quincy. Brother of Elizabeth Ebrecht of Melrose and Dorothy Ferguson of Scottsdale, AZ. Brother in law of Sylvia and James Beaton of Chatham, Leone and John Overton of Canton, Arthur Pike of Middle-



JOSEPH A. GODFREY

boro and the late Robert Ebrecht, George Ferguson and Alma (Pike) Cheney. He is also survived by many nieces, nephews, grand nieces, grand nephews and one great-grand nephew and

many dear friends.

Mr. Godfrey grew up in the South End of Boston. He worked as a literature liaison for Mass Financial Services for 25 years before he retired.

Mr. Godfrey will be sadly missed by all those who knew him.

Visitation is Saturday from 9 to 10:30 a.m. in Keohane Funeral Home, 785 Hancock St., Quincy.

Private interment.

Memorial donations may be made to the charity of your choice.

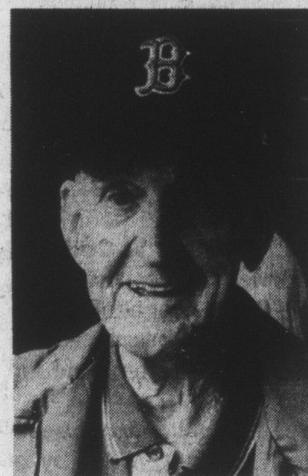
Michael W. Rowell, 85

A funeral Mass for Michael W. Rowell, age 85, of Quincy, formerly of Dorchester, was celebrated Monday in St. John the Baptist Church, Quincy.

Mr. Rowell died peacefully Sept. 26 in the comfort of his loving family.

He was born in Boston and raised in Dorchester. He had lived in Quincy for fourteen years, previously in Dorchester for most of his life.

Mr. Rowell was employed with BFI for twenty-nine years, retiring in 1995. He was a member of Teamsters Local 25. Mr. Rowell was a proud, hard-working



MICHAEL W. ROWELL

man.

He loved to fish and always had a knack for fixing things. He was a loyal fan of the Boston Red Sox and New England Patriots. Mr. Rowell was a true gentleman who often tipped his cap. He had a kind soul and always greeted his family with a warm smile. His family always came first.

Beloved husband of the late Theresa C. (Hislop) Rowell. Devoted father of John O'Brien and his wife Barbara of Haverhill, James O'Brien and his wife Janet.

of South Boston, Michelle MacDonald and her husband Jeffrey of Dorchester, Cecelia E. "Lisa" Green and her husband Anthony of Quincy, Theresa Rowell and Glenn of Dorchester, Regina Rowell and Brian of Quincy, and the late Stephen O'Brien and his wife Mary of Plymouth.

Loving grandfather of eleven grandchildren and eleven great grandchildren.

One of nine siblings, Mr. Rowell was the dear brother of Theresa Turner of Weymouth, Louise Kelly of Quincy, Lillian Dunleavy of Dorchester, and was predeceased by Rita Norton, William Rowell, Arthur Rowell, Cecelia Doran, and Ellen Rosati. He is also survived by many nieces and nephews.

Interment at Cedar Grove Cemetery, Dorchester.

Funeral arrangements were made by the Sweeney Brothers Home for Funerals, 1 Independence Ave., Quincy.

Richard J. Mendall, 87

A funeral Mass for Richard J. Mendall, Quincy Police Department, retired, age 87, of Chelsea, formerly of Quincy and Conway, N.H., was celebrated Tuesday in St. John the Baptist Church, Quincy.

Mr. Mendall died peacefully Sept. 27 at the Chelsea Soldiers Home, in the comfort of his loving family.

He was born in Boston, to the late Harold W. and Florence (McIsaac) Mendall. He had lived in Chelsea for six years, previously Quincy for most of his life, and ten years in Conway, N.H.

Mr. Mendall was a retired Quincy Police officer, having been appointed to the department on Dec. 17, 1964, and retiring on Feb. 5, 1997, after thirty-two years of service. He proudly

served in the U.S. Air Force as an airman 2/c during the Korean War. Mr. Mendall was a former member of the Quincy Lodge of Elks.

Beloved husband of the late Lorraine A. "Lori" (Pitts) Mendall. Devoted father of Ronald J. Mendall of Hull, Thomas W. Mendall and his wife Donna of Quincy, Stephen M. Mendall and his wife Lisa of Weymouth, the late Richard P. Mendall, and the late Kelly M. Mendall. Loving grandfather of many grandchildren and great grandchildren.

Interment, with military honors, at Pine Hill Cemetery, Quincy.

Funeral arrangements were made by the Sweeney Brothers Home for Funerals, 1 Independence Ave., Quincy.

More obituaries online at
thequincysun.com

Lorraine Quinn, 93

A memorial Mass for Lorraine (Pallotta) Quinn, 93, of Scituate, formerly of Quincy, was celebrated Tuesday in St. Mary of the Nativity Church, Scituate.

Mrs. Quinn died the morning of Sept. 28 with her loving family by her side.

She was the beloved wife of the late John J. Quinn, former Quincy city councillor at large, with whom she shared 37 years of marriage before his passing in 1986.

Devoted mother of John J. Quinn, Jr. and his wife Ginny of Weymouth, Arthur J. Quinn of Weymouth, Andrea Q. Santoro and her husband Charles of Cohasset, Garrett M. Quinn and his wife Mary of Hanover and Matthew A. Quinn and his wife Cynthia of Scarborough, ME.

Cherished Nana of 12 grandchildren and 10 great grandchildren.

Loving sister of Alma Apicella and her husband Sal of Salem, OH and the late Arthur "Sonny" Pallotta, Joseph Pal-



LORRAINE QUINN

lotta and his wife Mary, and Anthony "Tony" Pallotta. Sister-in-law of Marie E. Quinn of Quincy, Nancy Pallotta of Arlington and Scituate, and Mary Ida Pallotta of VA. Also survived by many dear nieces and nephews.

Mrs. Quinn was the matriarch of the family and shared special relationships with her grandchildren, many of whom sought her advice and guidance. She was an avid genealogist and enjoyed keeping memoirs of her life

and growing up on Peggotty Beach in Scituate. She had a lifelong love of the ocean and had summered in Scituate with her family since 1929. Mrs. Quinn was proud to have been the first female lifeguard on Peggotty Beach in the 1940s and a member of the Peggotty Beach Bathing Beauties.

She loved to knit and accomplished her goal of creating a handmade afghan for each of her children and grandchildren. She and her husband enjoyed traveling the world together and were active members of the Quincy Neighborhood Club and the Neighborhood WWW Traveling Group. Mrs. Quinn worked as a secretary for the Quincy Public Schools for more than 20 years.

Memorial donations may be made to the charity of your choice.

Funeral arrangements were made by Richardson-Gaffey Funeral Home, Scituate.

Barbara M. Robertson, 90

A funeral service for Barbara M. Robertson, age 90, of Quincy, was held Wednesday in the Dennis Sweeney Funeral Home, 74 Elm St., Quincy.

Ms. Robertson died Sept. 27.

Daughter of the late Walter and late Isabella (McGregor) Robertson, Barbara was born, raised and educated in Quincy. After graduating from the Woodward School for Girls in 1946, she went on to work for the Armstrong Cork Company, General Dy-

namics, and Bethlehem Steel before retiring as the keeper of records for the Braintree Police Department.

Ms. Robertson was a

founding member of the General Dynamics Long Service Club. She was also very generous and always donated to numerous charities. She was an avid golfer and loved to travel the world with her best friend, Addie Fasci.

She was a great friend of the Fasci family. Ms. Robertson is survived by her cousins Lyall and Ann Robinson of Athol, Ann Robertson of Manchester, NH, and Jean Huszer of Portsmouth, NH.

Interment at Mount Wollaston Cemetery.

John Grady, 67

A memorial Mass for John Grady, 67, of Milton, formerly of Quincy, will be celebrated Oct. 6 at 8:30 a.m. in Most Blessed Sacrament Church, Quincy.

Mr. Grady died Aug. 29. Son of the late Edward and

Elizabeth Grady. Brother of Thomas Grady of Quincy, the late Robert Grady and brother in law of Yvette Grady. He also leaves behind his niece Kristin Grady and nephew Michael Andrade.

Memorial donations may

be made to Dana Farber, 450 Brookline Ave., SW120, Boston, MA 02215.

Funeral arrangements were made by Hamel-Lydon Chapel & Cremation Service of Massachusetts, 650 Hancock St., Quincy.

HAMEL-LYDON CHAPEL
&
CREMATION SERVICE OF MASSACHUSETTS

Pre-Planning • Funerals • Cremations



Funeral Directors

Christopher P. Goulet, Sr.

Michelle A. Lydon

650 Hancock Street, Quincy, MA 02170

www.HamelLydon.com

(617)472-5888

ELEMENTARY LUNCH MENU

Monday, Oct. 7
Pizza Sticks w/Marinara Dipper Carrot Snack Packs Seasonal Fruit.

Tuesday, Oct. 8
Early Release Day—
NO LUNCH SERVICE

Wednesday, Oct. 9
HOMESTYLE KITCHEN
Chicken & Waffles! Breaded Chicken Tenders, WW Waffles, Steamed Green Beans, Seasonal Fruit.

Fajita, Brown Rice, Corn & Black Beans, WW Tortilla Chips, Seasonal Fruit.

Friday, Oct. 11
OCEAN CATCH- Breaded Fish Sticks, WW Dinner Roll, Steamed Broccoli, Seasonal Fruit.

All above Entrée Selections Include:
Vegetable Choice, Choice of Fruit and Choice of Milk

Thursday, Oct. 10
MEXICAN FIESTA Chicken

LEGAL NOTICE

CITATION ON PETITION FOR FORMAL ADJUDICATION

Docket No. NO19P2200EA
Commonwealth of Massachusetts

The Trial Court
Probate and Family Court

Norfolk Probate and Family Court
35 Shawmut Road Canton, MA 02021
(781) 830-1200

Estate of:
James J. Colby
Date of Death:
February 1, 2019

To all interested persons:
A Petition for Formal Probate of Will with Appointment of Personal Representative has been filed by: Matthew V. Colby of Norwell, MA requesting that the Court enter a formal Decree and Order and for such other relief as requested in the Petition.

The Petitioner requests that: Matthew V. Colby of Norwell, MA and Ruthann Colby of Weymouth, MA be appointed as Personal Representative(s) of said estate to serve Without Surety on the bond in an unsupervised administration.

IMPORTANT NOTICE

You have the right to obtain a copy of the Petition from the Petitioner or at the Court. You have a right to object to this proceeding. To do so, you or your attorney must file a written appearance and objection at this Court before: 10:00 A.M. on the return day of 10/30/2019. This is NOT a hearing date, but a deadline by which you must file a written appearance and objection if you object to this proceeding. If you fail to file a timely written appearance and objection followed by an affidavit of objections within thirty (30) days of the return day, action may be taken without further notice to you.

UNSUPERVISED ADMINISTRATION UNDER THE MASSACHUSETTS UNIFORM PROBATE CODE (MUPC)

A Personal Representative appointed under the MUPC in an unsupervised administration is not required to file an inventory or annual accounts with the Court. Persons interested in the estate are entitled to notice regarding the administration directly from the Personal Representative and may petition the Court in any matter relating to the estate, including the distribution of assets and expenses of administration.

WITNESS, Hon. Patricia Gorman, First Justice of this Court.

Date: September 24, 2019
PATRICK W. McDERMOTT
Register of Probate

SECONDARY LUNCH MENU

Monday, Oct. 7
CALZONE MONDAY: Home-made Cheese or Pepperoni Calzone, Broccoli & Craisin Salad, Seasonal Fruit.

Tuesday, Oct. 8
MEDITERRANEAN MEDLEY- Greek Chicken Wrap w/Hummus, Feta, Lettuce & Tomato, Fresh Carrots, Seasonal Fruit.

Wednesday, Oct. 9
ITALIAN SAMPLER: 3 Meatballs, 2 Mozzarella Sticks & a Slice of Texas garlic Toast w/Marinara Dipping Sauce, Steamed Green Beans, Seasonal Fruit.

Thursday, Oct. 10
ITALIAN DELIGHT: Baked Ziti & Ground Beef Marinara, Steamed Peas, Dinner Roll, Seasonal Fruit.

Friday, Oct. 11
PISTA FRIDAY- Fish & Cheese Quesadilla, Corn, Black Beans, Salsa, Fruit.

LEGAL NOTICE

INFORMAL PROBATE PUBLICATION NOTICE

Docket No. NO19P2122EA
Commonwealth of Massachusetts
The Trial Court
Probate and Family Court

Norfolk Division
35 Shawmut Road Canton, MA 02021
(781) 830-1200

Estate of:
Prabhakar Arunagiri
Date of Death:
May 29, 2019

To all persons interested in the above captioned estate, by Petition of:
Petitioner Astish Shah of Issaquah, WA.

Astish Shah of Issaquah, WA has been informally appointed as the Personal Representative of the estate to serve without surety on the bond.

The estate is being administered under informal procedure by the Personal Representative under the Massachusetts Uniform Probate Code without supervision by the Court. Inventory and accounts are not required to be filed with the Court, but interested parties are entitled to notice regarding the administration from the Personal Representative and can petition the Court in any matter relating to the estate, including distribution of assets and expenses of administration. Interested parties are entitled to petition the Court to institute formal proceedings and to obtain orders terminating or restricting the powers of Personal Representatives appointed under informal procedure. A copy of the Petition and Will, if any, can be obtained from the Petitioner.

1
C
T

3

2
0
1
9

NOTICE OF PUBLIC HEARING

NOTICE OF PUBLIC HEARING
City of Quincy
ZONING BOARD OF APPEALS

CASE NO. Z19-76

Pursuant to the provisions of TITLE 17 of the **QUINCY MUNICIPAL CODE** as amended, the Quincy Zoning Board of Appeals will hold an Open Public Hearing on Tuesday, October 22, 2019 at 7:15pm in the First Floor Meeting Room, Quincy City Hall, 1305 Hancock Street, Quincy, MA 02169. On the application of Matthew Gore for a Variance to subdivide the existing lot into two lots and construct a single family home on the newly created lot in violation of Title 17 as amended Chapter 4.0 (dimensional requirements) and Chapter 5.1.16 (paving) on the premises numbered 138 INDEPENDENCE AVENUE, QUINCY.

Plans and Specifications are on file at the Inspectional Service Department located at 55 Sea Street, Quincy, MA 02169 and may be reviewed during regular business hours.

Martin Aikens, Chairman

10/3/19, 10/10/19

NOTICE OF PUBLIC HEARING

NOTICE OF PUBLIC HEARING
City of Quincy
ZONING BOARD OF APPEALS

CASE NO. Z19-77

Pursuant to the provisions of TITLE 17 of the **QUINCY MUNICIPAL CODE** as amended, the Quincy Zoning Board of Appeals will hold an Open Public Hearing on Tuesday, October 22, 2019 at 7:15pm in the First Floor Meeting Room, Quincy City Hall, 1305 Hancock Street, Quincy, MA 02169. On the application of Steven & Adela Wojtasinski for a Finding to reconstruct a pre-existing, nonconforming structure in violation of Title 17 as amended Chapter 3.4.3 (nonconforming) on the premises numbered 862 EAST SQUANTUM STREET, QUINCY.

Plans and Specifications are on file at the Inspectional Service Department located at 55 Sea Street, Quincy, MA 02169 and may be reviewed during regular business hours.

Martin Aikens, Chairman

10/3/19, 10/10/19

NOTICE OF PUBLIC HEARING

NOTICE OF PUBLIC HEARING
City of Quincy
ZONING BOARD OF APPEALS

CASE NO. Z19-78

Pursuant to the provisions of TITLE 17 of the **QUINCY MUNICIPAL CODE** as amended, the Quincy Zoning Board of Appeals will hold an Open Public Hearing on Tuesday, October 22, 2019 at 7:15pm in the First Floor Meeting Room, Quincy City Hall, 1305 Hancock Street, Quincy, MA 02169. On the application of Robert & Cecelia Pierce for a Special Permit/Variance to construct a 5-car garage for the tenants in violation of Title 17 as amended Chapter 3.0 (use regulations), Chapter 4.0 (dimensional requirements) and Chapter 5.0 (off street parking) on the premises numbered 391 GRANITE STREET, QUINCY.

Plans and Specifications are on file at the Inspectional Service Department located at 55 Sea Street, Quincy, MA 02169 and may be reviewed during regular business hours.

Martin Aikens, Chairman

10/3/19, 10/10/19

INVITATION TO BID

INVITATION TO BID

CITY OF QUINCY, MASSACHUSETTS
PURCHASING DEPARTMENT
1305 HANCOCK STREET, QUINCY, MA 02169

The City of Quincy invites sealed bids/proposals for:

BUILDING MAINT.

MAINTENANCE & REPAIR OF ELEVATORS

OCTOBER 17, 2019 @ 11:00 A.M.

Detailed specifications are available on-line at the City of Quincy's website, www.quincyma.gov and also available at the office of the Purchasing Agent, Quincy City Hall, 1305 Hancock Street, Quincy, Massachusetts, 02169, between the hours of 8:30 AM and 4:30 PM

All questions regarding this bid should be directed to Kathryn R. Logan, Purchasing Agent email: purchasing@quincyma.gov Questions will be accepted until October 11th, 2019 at 4:00 p.m.

Bids/Proposals must be in a sealed envelope. The outside of the sealed envelope is to be clearly marked "BID ENCLOSED" with time/date of bid call.

The successful bidder will be required to conform to the payment of Prevailing Wage Rates, as determined by the Commissioner of Labor & Industries under the provision of M.G.L. Chapter 149, Section 26 to 27D as amended.

Firm bid prices will be given first consideration. Bids/Proposals will be received at the office of the Purchasing Agent until the time and date stated above, at which time and date they will be publicly opened and read. Late Bids/Proposals, delivered by mail or in person, will be rejected.

If applicable, bids shall be in accordance with M.G.L. Chapter 30B, Chapter 149 as amended, and Chapter 30, Sections 39A, 39B and 39F-R.

The right is reserved to reject any or all bids or to accept any part of a bid or the one deemed best for the City and waive any informality in the bidding if it is in the best interest of the City to do so..

Thomas P. Koch, MAYOR
Kathryn R. Logan, PURCHASING AGENT

10/3/19

10/3/19

10/3/19

Koch Proposes Special Education Learning Center

Cont'd From Page 20

ers of our city and I'm very delighted."

Koch said he will submit a request to borrow \$8.5 million to purchase and renovate the building to the City Council next week. He is optimistic the council will approve the proposal by the end of 2019, at which point the School Committee and DeCristofaro would draw up plans for the facility.

"The goal is to complete the transaction before the end of the calendar year, and of course I'm looking forward to the support of our City Council, who has always been very supportive of our education side. Then, we will start immediately with the School Committee, the superintendent and the superintendent's leadership team," Koch said.

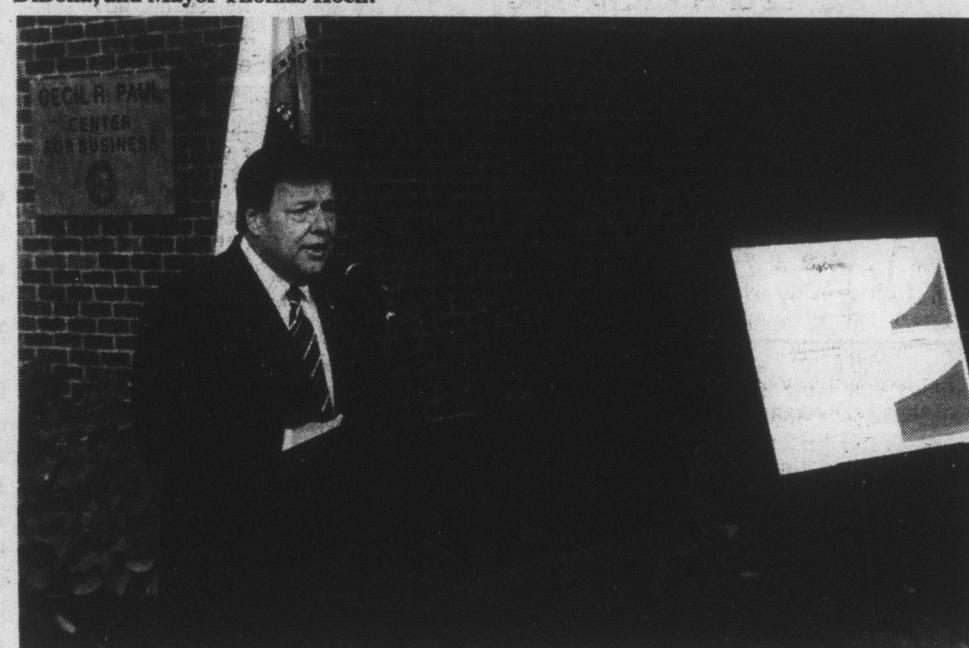
"The goal is to have this open in September of next year, 2020, for that school year. I think certainly from the perspective of getting the building prepared, that is a reasonable time table. As far as the process going, it's going to be a little aggressive...but I think it's doable."

DeCristofaro said the new facility would allow special education students to spend more time in the classroom and less time in transit. The building would also include a parent center to increase parents' involvement in their children's education.

"This unique city vision allows us to enhance our special education pathways. With the wonderful space in



QUINCY SCHOOL SUPT. Dr. Richard DeCristofaro (right) touted the proposal to open a new special education center on Old Colony Avenue Tuesday morning. The facility would accommodate 30 to 40 Quincy students who currently attend programs outside the city, plus other special education students in the city's schools and possibly other districts' students. Several other local elected officials attended the announcement. Front row (from left): Ward 5 Councillor Kirsten Hughes and School Committee members Emily Lebo, Paul Bregoli and Kathryn Hubley. Second row: Councillors William Harris, David McCarthy and Noel DiBona, and Mayor Thomas Koch.



MAYOR THOMAS KOCH announced plans Tuesday to purchase and renovate the building at 180 Old Colony Ave. into a special education learning center. He will submit a request to borrow \$8.5 million to do so to the City Council next week. The building is owned by Eastern Nazarene College and was formerly home to the Quincy Chamber of Commerce.

Quincy Sun Photos/Robert Bosworth

this building on Old Colony Ave, we will be able to design and continue Quincy's dedication to our special

education children from pre-kindergarten to middle school while serving many more of our students that

are within the city at this point in time and ensuring our children will spend less time on transportation and more quality time with our incredibly dedicated staff," the superintendent said.

"It will also let us enhance parent involvement with a very, very unique parent center, allow us to limit

site and program transitions for our students, because this will be their school."

Emily Lebo, the vice chairwoman of the School Committee, said she looked forward to working with her colleagues and other stakeholders to draw up plans for the new school.

"This is going to allow us to keep so many more of those kids in our district where we know our educators and we know what they are getting," she said.

"I look forward to collaborating with my colleagues in the School Committee... and QPAC, the Quincy Parents Advisory Council, and special education subcom-

mittee team to do an analysis of the programs and to see which things would work best here and how, so we can offer our full support. We would love to get busy on that work."

Lebo thanked Koch for proposing to open the new special education center.

"I think this is visionary – I really do. I have been looking for it for a long time," she said. "The superintendent brings it to us every single year, to see if we can figure out where to place our programs and our kids so that they can get the best education and we can monitor that."

"I'm thrilled about this."

NOTICE OF PUBLIC HEARING

NOTICE OF PUBLIC HEARING

The Quincy Park and Recreation Board will conduct a public hearing at the regularly scheduled meeting on October 7, 2019 to solicit public comments on the update to the City's Open Space and Recreation Plan.

The meeting will take place at 7:00 p.m. in the board room of the Koch Park and Recreation Complex, One Merrymount Parkway, Quincy, MA 02170.

Joseph Brill, Chairman
Park and Recreation Board

10/3/19

OBITUARY

Vincent F. Bradley, 90

Funeral services for Vincent F. Bradley, age 90, of Quincy, formerly of Chelsea and East Boston, were private.

Mr. Bradley died Sept. 21 at Hancock Park Rehabilitation and Nursing Center in Quincy.

He was born in Chelsea, raised and educated in East Boston. Mr. Bradley had lived in Quincy for four years, previously living most of his life in Chelsea and East Boston. He was

employed as a laborer in the construction industry.

As a young man, Mr. Bradley was a talented athlete and a well-known player on the East Boston Tornado's football team. He enjoyed ballroom dancing, snow skiing, and horse racing. Mr. Bradley loved the ocean and was an avid fisherman and clam digger.

Devoted father of David P. Bradley and his wife Christine of Quincy, Michele Abban and her hus-

band Peter of Quincy. Loving grandfather of Danielle Smith, Jacqueline Bradley, Jessica and Kristen Abban. Great-grandfather of Chloe. Dear brother of the late Patricia Tufts and the late Eileen Fielding. He is also survived by several nieces and nephews.

Arrangements were under the direction of the Sweeney Brothers Home for Funerals, 1 Independence Ave, Quincy.

Helmets Proposed For Girls Lacrosse Players

Cont'd From Page 24

MIAA.

"We should get some info from the MIAA about what equipment is required," he said.

Mayor Thomas Koch said his daughter played three sports including lacrosse.

"She never had a problem with lacrosse," he said.

"Her injuries were from basketball and soccer."

Committee member Kathryn Hubley suggested the committee's athletics and wellness subcommittee further explore the matter and also suggested that both high schools' athletic directors weigh-in on the issue.

Her requested was supported by Koch and Bregoli.

Bregoli noted an increasing number of parents are not letting their young children play youth football because of the dangers of concussions.

"Here we have a high school sport (lacrosse) that is more dangerous," Bregoli said. "I'm concerned that one time it could happen," he said. "It's a matter of time."

Quincy Access Television
88 Washington Street
Quincy, MA 02169

[Find us on Facebook](#)

QATV

www.qatv.org
617-376-1440
617-376-1441

[Follow us on Twitter](#)

Public Access Channel 8

Thursday, October 3
6:00pm: Bethany Congregational Church
8:00pm: NQ vs. Archbishop Williams 9/27

Friday, October 4
11:30am: LIVE: Currently in Quincy
7:00pm: The Call

Saturday, October 5
10:00am-2pm: LIVE: QATV Open House
7:00pm: The Call

Sunday, October 6
10:00am: Bethany Congregational Church
11:30am: Good News

Monday, October 7
11:30am: LIVE: Currently in Quincy
8:00pm: NQ vs. Scituate 10/4

Tuesday, October 8
6:00am: LIVE: AM Quincy with Joe Catalano
6:00pm: Eye on Quincy (replay)

Wednesday, October 9
6:00pm: Good News
9:30pm: Sound Advice

Government Access Channel 9

Thursday, October 3
6:00pm: Update DPW: Fall Season
8:00pm: Dynamic Living: Healthcare Violence
8:30pm: At Your Library: October Happenings

Friday, October 4
7:00pm: Media Advisory: The Abby
8:00pm: Quincy Arts Fest Award Ceremony

Saturday/Sunday, October 5/6
11:00am: At Your Library: October Happenings
1:05pm: Media Advisory: South Shore Health
1:30pm: Media Advisory: The Abby

Monday, October 7
6:30pm: LIVE: Special Permit Granting Authority
7:15pm: Public Hearings
7:30pm: LIVE: City Council

Tuesday, October 8
12:00pm: City Council/Public Hearing/SPGA 10/7
7:00pm: A Conversation with...Anne Mahoney
8:00pm: Quincy Symphony Orchestra@ArtsFest

Wednesday, October 9
6:00pm: In the Know: Fair Saturday Update
7:00pm: City Council/Public Hearing/SPGA 10/7

Programming is subject to change.
For a complete list of programs, please visit our website at qatv.org

HOLLYWOOD

by Tony Rizzo

HOLLYWOOD -- The major "Golden Age of Hollywood" film studios (such as MGM and 20th Century Fox) declined in the 1960s because of television, which the movie studios hated until they started producing their own TV series. Now we have the marriage of movies and television (and computers) because of streaming platforms such as Netflix and HBO. Traditional filmmakers are at odds, pro and con. But Meryl Streep, Oscar's most nominated actress (17 nominations and three wins), who stars in "The Laundromat," now in limited release in theaters and available Oct. 8 for online viewing through Netflix, likes having both options. "If you want to see it on the big screen, you want to be first. A lot of people want to be the first, and so they'll run out and do it," she says.

"Several thousand people in Manhattan, Boston and Los Angeles, who gravitate toward the material, would see it. But Netflix is in 133 million households globally. It'll reach places it would not normally have been found."

Next up for Streep is Ryan Murphy's "The Prom" for Netflix, along with an as-yet-untitled Martin Scorsese film, with Sharon Stone, and the comedy "Let Them All Talk," directed by Steven Soderbergh, with Lucas Hedges, Candice Bergen and Dianne Wiest for HBO Max.

Antonio Banderas, Streep's co-star in "The Laundromat," agrees with her about

Netflix. "I can tell you," he begins, "Netflix is bringing a lot of jobs. The operations of Netflix in Spain and a lot of countries, and the fact that they are shooting TV shows and movies in our original language is very interesting. I can understand the people who still hold romanticism about movies being shown on a big screen, in a dark place, but by releasing films such as 'Roma' in theaters, Netflix is continuing the tradition, people are seeing more movies now than ever before in the history of motion pictures. We have to adapt."

Would you rather watch a film on a big screen in a dark place or on your TV or computer? That's why comic superhero films in 3D and IMAX are making so much money, they just don't have that WOW factor anywhere else.

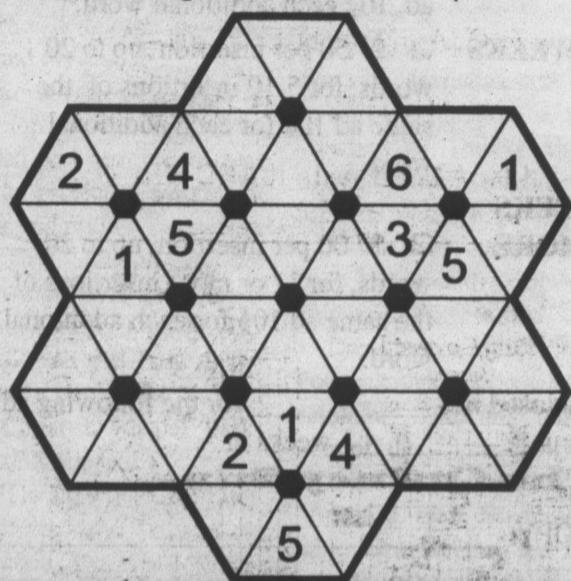
"Dark Shadows: Reincarnation" is what the CW is calling its planned "modern day continuation" reboot of the 1966-71 ABC soap opera "Dark Shadows." It ran for 1,200 episodes and starred Joan Bennett, and led Kate Jackson to become one of "Charlie's Angels." The campy "Dark Shadows" movie (2012), which starred Johnny Depp, cost \$150 million and earned \$245 million. The original Barnabas Collins (Shakespearean actor Jonathan Frid) was biting necks before "The Walking Dead" ever walked. Bloody right!

(c) 2019 King Features Synd., Inc.

Snowflakes

by Japheth Light

There are 13 black hexagons in the puzzle. Place the numbers 1 - 6 around each of them. No number can be repeated in any partial hexagon shape along the border of the puzzle.



DIFFICULTY THIS WEEK: ◆◆◆◆
◆ Easy ◆◆ Medium ◆◆◆◆ Difficult

© 2019 King Features Synd., Inc.

GO FIGURE!

by Linda Thistle

The idea of Go Figure is to arrive at the figures given at the bottom and right-hand columns of the diagram by following the arithmetic signs in the order they are given (that is, from left to right and top to bottom). Use only the numbers below the diagram to complete its blank squares and use each of the nine numbers only once.

DIFFICULTY: ★★

* Moderate ★★★ Difficult

★★★ GO FIGURE!

	+	÷	7
×	-	×	
-	×		6
÷	×	-	
×	-		3
10	6	3	
2	3	4	5
6	7	8	9
9	9		

© 2019 King Features Syndicate, Inc.

KOVELS Antiques & Collecting

By Terry and Kim Kovel

Ultra-Modern Table --- Ever wonder who invented the table? The earliest tables seem to have been used by the ancient Egyptians, although they did not sit near it; they used the flat top to hold things.

It was not until the days of the Greeks and Romans that tables were used in a house near a seated person. By the Middle Ages, large tables were used for banquets and there were special rules about the seating. But today we can find many tables made for specific tasks, like sewing, dining, playing games or holding a candle, a lamp or a special ornament. Tables have flat tops with three, four or more legs, or an unusual base.

Twentieth-century designers became adventurous and made tables that were placed on the backs of two carved statues or on a series of geometric shaped blocks. Perhaps the strangest table seen recently is the "Foot Art" side table.

It has a flat top, one drawer with a human nose for a handle, and a resin foot for the base. The large foot in a blue boot supports the top on three metal rods stretching up from the inside of the boot. It was sold by Burchard Galleries in Florida.

CURRENT PRICES

Vase, Peters & Reed, brown, green, vines, column shape, 12 inches, \$15. Mop wringer, janitorial tool, iron and wood, Reliance junior model, Lee Chair company, handle, 1906, 25 x 10 inches, \$65. Tea caddy, wood, porcelain panels, figures, garden landscape, lacquer, multicolor, footed, 9 inches, \$125.

Q: I bought a wooden piece from an antiques dealer in Nebraska in the 1970s. He told me a "picker" from the Northeast brought it here. It is 59 inches tall and 26 inches wide. It has straight sides, and I was told it has "shoe feet." The center vertical piece of wood slides up and down, and the circular "cage" pieces

TIP: Use your phone camera at a flea market. Record things you might want to buy later. Record marks, etc. to look up.

For more collecting news, tips and resources, visit www.Kovels.com

(c) 2019 King Features Synd., Inc.

STICKELERS

By Terry Stickels

Below is a 5 x 5 square with the letter Q missing. Find the letter that comes just above the letter that comes between the letter just to the left of the letter just below G, and the letter just to the left of the letter just above T.

A	B	C	D	E
F	G	H	I	J
K	L	M	N	O
P	R	S	T	U
V	W	X	Y	Z

© 2019 King Features Syndicate

Strange BUT TRUE

tucky or parts of Tennessee, but for the whimsy of fate, you could be a Transylvanian. Some people once wanted to take parts of Texas and Oklahoma to create the great state of Texlahoma (perhaps displaying a slight lack of imagination). When the Mormon church settled out west, Brigham Young petitioned to have the state of Deseret created, and the land he suggested make up the state included present-day Utah, almost all of Nevada and Arizona, a sizable chunk of California and bits of five other states. Long Island, in New York, even had designs on statehood at one time.

* If you use Listerine to freshen your breath, you might be interested to know that its original formula is 26.9% alcohol by volume -- that comes out to 54-proof gargle.

* The blue whale is the largest animal known to have ever existed. The marine mammal is so large, in fact, that a grown man could swim through its largest blood vessels.

* Next time you're in Tinseltown, remember that it is unlawful to herd more than 3,000 sheep at a time down Hollywood Boulevard.

* In the naming of American states, there some that never quite made it. It's interesting to speculate about the possibilities, though. For instance, if you currently reside in the state of Ken-

thought for the Day: "The telling of jokes is an art of its own, and it always rises from some emotional threat. The best jokes are dangerous, and dangerous because they are in some way truthful." -- Kurt Vonnegut

(c) 2019 King Features Synd., Inc.

Now here's a tip!

by Jo Ann Derson

* If you have a beautiful planter that has no drainage holes, you can pot your plant in a second pot that will fit inside. Put a few pebbles in the bottom of the pretty planter, then put your potted plant in. This way, the roots won't rot in any excess water. You can cover any gap between the pots with a bit of moss or more pebbles.

-- C.H. in Illinois

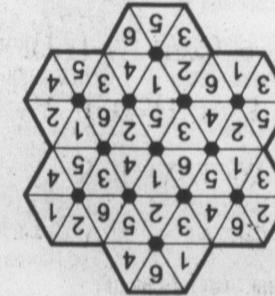
* Flat paint will show fewer defects in a surface than glossier paint, experts say. When refinishing a piece of furniture or a wall that has seen better days, try to stay with a finish that's less light-reflective.

* Puzzles are fun and rewarding, but you need a dedicated surface. Try using the back of a canvas. You can find one with a size big enough for your puzzle, and the frame keeps everything contained and portable from room to room." -- B.B. in Florida

S(c) 2019 King Features Synd., Inc.

Snowflakes

solution



10	6	3	
4	x	3	-
+	x	-	
8	-	7	x
x	-	-	6
5	+ 9	÷ 2	7

Stickelers Answer

The answer is "G."

© 2019 King Features Syndicate

CLASSIFIEDS

SERVICES

T & M Landscape Co.
 • Spring & Fall Cleanups
 • Power Washing
 • Lawn Mowing Services
 • Yard Mulching
 • Bushes & Trees Trimmed
Free Estimates
617-733-4554
~ AFFORDABLE RATES ~

SERVICES

KERRY CONSTRUCTION INC.
 CARPENTRY, GUTTERS, DECKS
 REPLACEMENT WINDOWS & DOORS
 SHINGLE & RUBBER ROOFS
 FULLY INSURED & LICENSED
JIM AT 617-825-0592

Save Gas & Money, Shop Locally

SERVICES

DG'S YARD MAINTENANCE

- LAWN MOWING
- Small Tree Removal
- Overseeding/Sod
- FULLY INSURED
- Mulching, Weeding & Edging
- Hedge & Shrub
- Trimming or Removal
- Rototilling & Dethatching

Serious about Service... Reasonable Rates

SERVICES

CLEAN-UPS

617-786-9558...FREE ESTIMATES

SERVICES

HOME SWEET HOME REAL ESTATE
 Broker/Owner
 Fran Lawlor
 Wollaston, MA 02170
 Member of MLS
 Cell 617-314-3788

DERRICKS PAINTING
When Quality Counts
 Interior/Exterior
 Home Repairs
 Gutter Cleaning
 References Available
617-851-1688
 Licensed/Insured

4/30

FOR HIRE

- Garages, Decks
- Torn Down
- Rubbish Piles
- Moorings Moved

OR ME WITH DUMP & LIFTGATE
 OR 18FT BOX TRUCK

\$75/H.R.

"Your Trash is my Cash"
(617)479-5410

J.F. ROOFING CO.

QUINCY, MA

- Shingles
- Rubber
- Slate
- Copper
- Vinyl Replacement Windows

(617)471-8216

12/12

GENERAL CONTRACTING

CARPENTRY • ROOFING • SIDING
 WINDOWS • PAINTING • BATHROOMS
Also, Handyman Jobs
 GREAT REFERENCES
 CALL 617-980-6558

HALLS FOR RENT

MORRISETTE LEGION POST
 81-83 Liberty St., Quincy
 Function Hall Available
 Call for Details 617-770-4876
 Internet Capable • Weddings •
 Showers • Christenings • Meetings
 After Funeral Gatherings

TP

J.D. 12/5

PERSONAL

THANK YOU
ST. JUDE, BLESSED MOTHER, ST. ANTHONY,
ST. JOSEPH, ST. PEREGRINE

J.D. 12/5

EASY GOING CHAIR YOGA!

3:15pm, Mondays
 Christ Church
 12 Quincy Ave

PLENTY OF PARKING

ATTAIN BETTER BALANCE!
 INCREASE YOUR JOINT
 FLEXIBILITY! CALM YOUR
 ANXIETY,
 IMPROVE BREATH!

Joyce Jordan,

Certified Yoga Teacher

617-312-8971

jayrose28@comcast.net

10/10

QUINCY ANIMAL SHELTER

56 Broad Street, Quincy • 617-376-1349
quincyanimalsshelter.org

IN-SHELTER ADOPTION HOURS

TUESDAYS & THURSDAYS

6:00 to 8:00 pm

SATURDAYS

10 am - 4 pm

Adoption fees include initial vaccinations and Spay/Neuter as needed.
 New volunteers always welcomed.

FOR LOST or FOUND ANIMALS call
ANIMAL CONTROL at 617-376-1364

AVAILABLE DOG

Leah: female, 5, Terrier mix

AVAILABLE CATS

Mr. Belle (male, 4, Siamese mix)
& Chauncey (male, 11, tabby):
 Bonded pair.

MISCELLANEOUS

FOR SALE
 Privacy Hedges - FALL
 BLOWOUT SALE 6ft Arborvitae Reg
 \$149 Now \$75 Beautiful, Nursery Grown. FREE Installation/
 FREE delivery, Limited Supply! ORDER NOW: 518-536-1367
www.lowcosttreefarm.com

WANTED

OLD HAND TOOLS & ANTIQUES WANTED
 Planes, chisels, spokeshaves, hammers, machinist, mechanic, blacksmith, Stanley, Starrett, Bailey, Victor, calipers, clamps anvils, vices, etc.
USEFUL TOOLS, ALL TRADES
 pottery, lanterns, postcards, toys, ESTATE LOTS & COLLECTIONS
LIBERTY TOOL CO.
 888-405-2007
www.jonesport-wood.com
www.davistownmuseum.org

TP

Want to pick up a copy of The Quincy Sun?

Here are stores in Quincy that sell it on their newsstands:

GOODIE'S STORE
 1250 Hancock St., Presidents Place

ARTERY GROCERY
 1000 Southern Artery

7-11
 721 Hancock St.

WALGREENS
 418 Quincy Ave.

NEW STORE ON THE BLOCK
 1183 Hancock St., Quincy Ctr. T Station

7-11
 495 Washington St.

BEALE ST. NEWS AND TOBACCO
 17 Beale St.

550 Adams St.

HANCOCK MARKET
 5 Cottage Ave.

DAIRY FARM
 330 Washington St.

CVS
 42 Beale St.

CREAM & SUGAR ICE CREAM
 321 Victory Rd.

MIGNOSA'S FRUIT BASKET
 138 Granite St.

STOP & SHOP
 Southern Artery

CVS
 Southern Artery

PALMER STREET MARKET
 231 Palmer St.

HANCOCK PARK LOBBY SHOP
 164 Parkingway

7-11
 230 Washington St.

COFFEE BREAK CAFE
 12 Old Colony Ave.

BERNIE'S GENERAL STORE
 1147 Sea St.

FRANKLIN ST. BP
 60 Franklin St.

7-11
 678 Adams St.

SUPREME LIQUORS
 615 Hancock St.

WEST ELM VARIETY
 139 W. Elm Ave.

SHOP N SAVE LIQUORS
 20 Independence Ave.

7-11
 Copeland St.

STOP & SHOP
 65 Newport Ave.

LUCKY SHAMROCK
 265 Beale St.

DONUT + DONUTS
 33 Scammell St.

7-11
 Joe's Place

ANDRE'S STORE
 20 Brook St.

EVEREST MARKET
 121 Standish Ave.

PRESIDENTIAL LIQUORS
 25 Scammell St.

7-11
 260 Centre St.

RED APPLE FOOD SHOP
 48 Billings Rd.

QUINCY MARKET
 33 Washington St.

ADAMS VARIETY
 22 Independence Ave.

CORNER FOOD MART
 1060 Hancock St.

ATLANTIC MARKET & LIQUORS
 247 Atlantic Ave.

ROCHE BROTHERS
 The Falls

DAILY MART
 291 Quincy Ave.

200 FOOD MART
 200 Sea St.

ADAMS SHORE SUPERMARKET
 494 Sea St.

TEDESCHI'S
 751 E. Squantum St.

The Quincy Sun

CLASSIFIED AD FORM

MAIL TO: THE QUINCY SUN, 1372 HANCOCK STREET,
 QUINCY, MA 02169

PAYABLE IN ADVANCE. Payment must accompany order.

RATES

1 WEEK

\$9.00 for one insertion, up to 20 words, 10¢ for each additional word.

2-4 WEEKS

\$8.00 per insertion up to 20 words for 2-4 insertions of the same ad, 10¢ each additional word.

5-10 WEEKS

\$7.50 per insertion, up to 20 words, for 5-10 insertions of the same ad 10¢ for each additional word.

11 WEEKS OR MORE

\$7.00 per insertion, up to 20 words, for 11 or more insertions of the same ad 10¢ for each additional word.

Enclosed is \$ _____ for the following ad to run _____ weeks in

The Quincy Sun.

COPY:

NO REFUND WILL BE MADE AT THIS CONTRACT RATE IN THE EVENT OF CANCELLATION.
 DEADLINE: FRIDAY
 AT 4PM. PLEASE INCLUDE YOUR PHONE NUMBER IN AD.

2019

OCT

Shed Memorial – Symbol Of Hope, Pride – Rededicated

Cont'd From Page 18

that rotary? What are we going to do about that memorial?" It became a joke over the years that every time he saw me, he would ask me.

"It only became really bad when he employed Margaret to ask me every day. For the 199th time she asked me, like she does many things...I said, 'Margaret, I got this.'"

"That's where this project started," Marathas added.

Marathas also thanked Mayor Thomas Koch and the Community Preservation Committee for their support.

"During my five years at the Quincy Housing Authority, I can honestly say there has not been one problem or one ask that has gone unanswered coming out of the mayor's office," Marathas said.

"Mayor Koch and the Quincy Community Preservation [Committee], they gave us \$100,000 to restore this monument and to create this park."

For their efforts, Marathas presented three plaques – one to Kelly and Milne, one to Koch and one to the Community Preservation Committee, recognizing each for their support.

He also credited numerous housing authority workers for their contributions to the project.

"It takes a great deal of people and effort to complete a project like this," Marathas said. "One thing I have learned is Quincy is a very, very strong community. It has a great deal of people with a ton of passion and a ton of commitment to do good. A community, that when called upon, they step up and get it done."

Koch called the light at the top of the lighthouse, which was restored as part of the project, a symbol of hope and pride.

"The tradition of the Christian churches at Easter time is to light the Paschal candle and that Paschal becomes a symbol for the light of Christ to dispel darkness," Koch said.

"The light here, certainly it dispels some darkness on the circle, but I think it also has become a light of hope, a light of pride, for the people of this part of our great city. I know generations to come will really come to

appreciate this now that it is fully restored to its original grandeur.

"We appreciate all the folks that have touched this project over the years and made it happen today."

Kelly recalled cutting rhubarb and picking tomatoes from a farm in Germantown 75 years ago with his brother, Jack, and digging for clams on the tidal flats that surround the peninsula.

"Welcome to my very special place," Kelly said. "Over the years, I've had a long, ongoing love affair with Germantown."

Kelly said the new park at the rotary is something Germantown residents can be proud of.

"Twenty years ago, I got involved with the restoration of the Shed Memorial. My first calls were to the unions, which I worked with as a city councillor. Over the next 17 years, we had starts and stops, but the unions stayed with us as we tried to restore the Shed Memorial. Then came along Mayor Koch, community preservation monies, and the magic hand of James Marathas," Kelly said.

"Suddenly we had a committee and money to finally restore the Shed Memorial. With the tireless staff of the Quincy Housing Authority and outside contractors, the Shed Memorial was totally being restored and a park the residents of Germantown can be proud of."

"Enjoy this beautiful day and my special place," Kelly added.

In addition to the lighthouse and the new landscaping, walkways and benches, the rotary now features a granite sign welcoming passersby to Snug Harbor. Kelly and Milne donated the new sign, Marathas said.

Barbara Roberts, a descendant of Daniel Shed, thanked those in attendance for their presence.

"I just want thank everybody," she said. "What a wonderful thing to find."

Dan Clark, a retired State Police trooper, opened the ceremony with his rendition of the "Star-Spangled Banner" and closed with "America the Beautiful." Sen. John Keenan led the crowd in the pledge of allegiance.

A luncheon reception was held after the ceremony at the nearby O'Brien Towers.



BARBARA ROBERTS, a descendant of Daniel Shed, speaks next to the monument that bears her forefather's name. Descendants of Daniel Shed, the first English settler of Germantown, originally erected the monument in 1916. The Quincy Housing Authority oversaw a project to spruce up the monument and the rotary on which it sits. "I just want thank everybody," Roberts said. "What a wonderful thing to find."

Quincy Sun Photo/Robert Bosworth

MAYOR THOMAS P. KOCH & FOX ROCK
PRESENT

QUINCY FOOD TRUCK *&* *Music Festival*



SATURDAY, OCTOBER 5
NOON - 6 P.M. CODDINGTON STREET
FROM QUINCY HIGH SCHOOL TO THOMAS CRANE LIBRARY
AND AT CODDINGTON BUILDING

BEATS & EATS FROM OUR
20+ FOOD TRUCKS
FEATURING **DICK N JANE** AND MORE

FOOD TRUCKS

Across the Border
Away Café
Bon Me
Boston Burger
Clyde's Cupcakes
Daddy's Bone Town Burgers
Ellie's Treats
Gotta Q Smokehouse BBQ
Indulge India
Kebabish Foods
Mimzees Ice Cream

Mom on the Go
Montillios Deserts
Montillios Wood Burning Pizza
Plymouth Party
Reds
Roxy's Grilled Cheese & more
Teri Yummy
The Whoopee Wagon
Thyme Traveling
Wahlburgers
Zaaki

Beer and Wine can be purchased from **HIVE MOBILE BAR**
Many non food vendors will be at the event too!

SCHEDULED TO APPEAR

MUSIC
Dick N Jane
X's & O's
Cosmic Analog Blue
Dave Macklin Band
Jay Psaros Band

KIDS ENTERTAINMENT
Boston Magician & Juggler
Big Joe the Story Teller
Matt Heaton Band
Philip Alexander & The Wild Things

Bring your own blanket or chairs.

OCT

10

2019